



Warm Up: Leg Day!

Baseline last done 6/1/23

- Test Deep Squat Db Mobility
- Roll Hip Flexors & Calves
- Low Bench Ankle Mobility
- 90/90 Hip Mobility
- PVC Wrist/Elbow Warm Up
- Re-Test Deep Squat Db Mobility



Baseline! Calorie Climb

- Bike Ascending EMOM Ladder
- Start @ 1 Cal
- Go to Failure

AMRAP Ladder: 15 Mins

Increase by 2 each round

- 2 Db Front Lunges(ttl)
- 2 Ball Tosses
- 2 Cals Ran

AMRAP: 20 Min Cap

- 400 or 600m Run
- 40 or 50 Db Deadlifts @ 50%
- 40 or 50 Cals Rowed
- 40 or 50 K to B or Tuck Ups
- 400 or 600m Run



March 18th

Audio

