



## Warm Up: Leg Day!

- 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



## Db Front Squats:

5-8 Sets w/ 1-2:00 TOR

- 4-15 Reps Ramping

## Db Deadlifts:

5-8 Sets w/ 1-2:00 TOR

- 4-15 Reps Ramping

## Single Db Sumo Squat:

3-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ Max w/ Pause

## Split Squat OR Rev Lunges:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max

## 4-5 Rounds: 15 Min Cap

- 16/20 Cals Rowed
- 14 or 20 Db Alt Front Lunges(ttl)

## TRX Hamstring Curls:

5 Sets w/ 1:00 TOR

- 10-15 Reps w/ Control

## Db Step Overs: 8 Min Cap

AMRAP

- 100 Reps(35/50#)

## BW Squats: 10 Min Cap

AMRAP

- 300 Reps



March 28th

Audio

