



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



## Enduro Metcon: 5 Round Cap

- 15 or 20 Db Front Squats @ 40-30%
- 20 or 40 BW Step Overs(ttl)
- 15 or 20 Db Deadlifts @ 50-40%
- 20 or 40 BW Step Overs(ttl)
- 10, 15, or 20 Cals Biked
- 400, 600, or 800m Run



March 6th

Audio

