



## 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



## Strength Option

### Db Front Squats: GVT

- 10x10 @ 40-60%

1:00 TOR

Or →

## Metcon Option

### 4-5 Rounds:

- 8-12 Db Front Squats @ 40%
- 10-20 BW Lunge Jacks(ttl)
- 8-12 Cals Biked

### UL Practice Option:

30/45#

- 50 Cals Biked
- 50 Db Front Squat
- 50 BW Squats
- 25 Cals Biked

### AMRAP: R-O-T

- 150-200m Run
- 15-25 BW Squats
- :30 High Plank



21-15-9:

10 Min Cap

- Cals Rowed
- Db Deadlifts @ 50%
- Ball Cleans

Running AMRAP:

1. 600m w/ 1:30 TOR
2. 400m w/ 1:00 TOR
3. 300m w/ :45 TOR
4. 200m



April 12th

Audio

