



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



E5MOM: “X” Rounds

- 2:00 Row or 26/34 Cals Rowed
- AMRAP Db Step Overs(35/50#)

Done = 200 or 300 Reps

Into → R-O-T

Db Deadlift or RDL:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Pace

Hip Bridge:

- 75 Reps w/ Pause

Db Cossack Squat:

- 30 Reps(ea)



April 20th

Audio

