



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



#1

Db Front Squats:

- 30 or 50 Reps @ 40%
- 300, 400, or 600m Run
- 20 or 35 Reps @ 50%
- 300, 400, or 600m Run
- 10 or 20 Reps @ 60%
- 300, 400, or 600m Run

#2

Db Deadlifts:

- 30 or 50 Reps @ 30%
- 20, 30 or 40 Cals Biked
- 20 or 35 Reps @ 40%
- 20, 30 or 40 Cals Biked
- 10 or 20 Reps @ 50%
- 20, 30 or 40 Cals Biked

#3

Db Alt Front Lunges: 3 Rounds

Reps DB 10 & UB 1 WC

- 500, 600, or 800m Row
- 30 or 40 Reps(ttl)



May 1st

Audio

