



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



Goblet Cossack Squat:

3-4 Sets w/ 1:00 TOR

- 6-8 Reps(ea) @ Max

Db Deadlift:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 50-60%

Warm Up to Run!



Metcon: 12 Mins

Outside → Half PL

- Run @ Pace
- Walking Lunge the Straight Away

When Done → 1-2 Backwards Lap

Db Squat Clean into Thruster:

4-5 Sets w/ 1:30 TOR

8 Reps @ Max



May 17th

Audio

