



Warm Up: Leg & Baseline Day!

Baseline last done 11/8/23

- 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



Baseline!

- 1:00 AMRAP Singles/DU
- :30 Switch
- 1:00 AMRAP Singles/DU
- 1:00 Transition to EMOM

E3MOM: 4 Rounds

1. :45 Singles/DU(GA)
2. 15-50 BW Squats(GB)
3. 8-18 Cals Biked



Partner Ladder:

You go, I go

UB2(100) Each Round

- 100m Run
- 10 Db Deadlifts w/ 50-40%
- 10 Db Thrusters (35/50#)
- 10 Db Clean w/ ^^^ Weight
- 10 Db Front Lunges(ttl)



June 20th

Audio

