

<u>Warm Up: Leg & Baseline Day!</u> Baseline last done 11/8/23

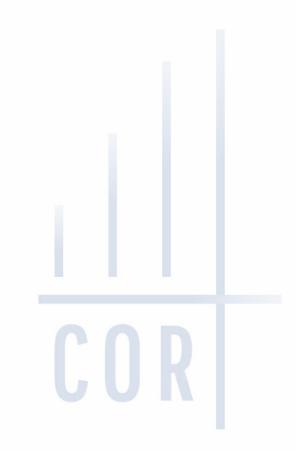
- Test Deep Squat Db Mobility
- Roll Hip Flexors & Calves
- Low Bench Ankle Mobility
- 90/90 Hip Mobility
- PVC Wrist/Elbow Warm Up
- Re-Test Deep Squat Db Mobility

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)



Audio



