



Warm Up: Leg & Baseline Day!

Baseline last done 11/20/23

- 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



Thruster Climb!

EMOM Style (35's/50's)

- UB1 Rep Every Minute

MB Work:

- 50 Alt Hydrants (Seated)
- 50 Monster Walks (ttl)
- 50 In & Outs

Db Deadlifts:

4-5 Sets w/ 1:00 TOR

- 8-12 @ 60-50%+

Goblet Cossack Squat:

3-4 Sets w/ 1:00 TOR

- 6-8 Reps (ea) @ Max

TRX Hamstring Curls:

4-5 Sets w/ 1:00 TOR

- 10-15 w/ Hip Bridge



June 26th

Audio

