



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



Buy In & Out:

In - 1600m Run/Row

Out - 800m Run/Row

40 Reps: 10 Min Cap

- Db Deadlift Low Bench Step Over
- Reset Each Rep
- 70% Goal Weight

Db Clean Into Lat Lunge:

4 Sets w/ 2:00 TOR

- 4 Reps(ea) @ Max

Walking BW Bridge:

- 30 or 40 Reps

Db Depth Front Squat:

4 Sets w/ 1:30 TOR

- 8-12 Reps UB @ Max



