



## 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



## Lifting Option

### Db Front Squat:

3-5 Sets w/ 1:30 TOR

- 8-10 Reps w/ Pause @ Max

### Db Deadlift: AMRAP Sets

8-10 Mins @ 50-40%

- 4-5 Reps w/ :30 TOR

## Metcon Option

### E4MOM: 5 Rounds

- 22-30/22-36 Cals Rowed
- 20 Db Front Squats @ 30-40%



Alt E2MOM: 4 Rounds

Group A

- Db Walking Lunge

Group B - 1:30 AMRAP

- 1 BB
- 3 BW Squats
- 5 High → Low Pogo

Group C

- 1:30 Run @ Pace

OR

- 1:30 Band Good Mornings



July 13th

Audio

