

July 13th

# 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

## July 13th 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

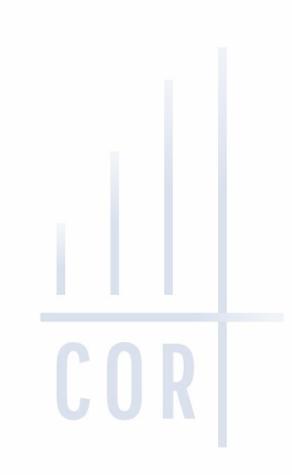
#### E4MOM: 5 Rounds

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

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## <u>Alt E2MOM:</u> 4 Rounds Group A

- Db Walking Lunge Group B - 1:30 AMRAP
- 1 BB
- 3 BW Squats
- 5 High  $\rightarrow$  Low Pogo Group C
- 1:30 Run @ Pace
  OR
- 1:30 Band Good Mornings



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Audio



