



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



T Deadlift Ladder:

3-5 Sets w/ 2-2:30 TOR

- 7 Reps @ 50%+
- 5 Reps @ 60%+
- 3 Reps @ 70%+

Metcon: R-O-T

- :45 Run @ Pace
- 8 Single Db Rev Lunges(ttl)



E2MOM: 4 Rounds

- 10-15 Db Front Squats UB @ 40%
- 10-30 BW Squats

Lifting Option

Superset: Same Weight

3-4 Sets w/ 1:30 TOR

- 8 Db Front Lunges(ttl)
- 8 Db Step Overs(ttl)

AMRAP: R-O-T

- Bench Hip Bridges

Metcon Option

BW Ladder: AMRAP

2→8→2

- Aerobic Cals
- Front Lunges(ttl)
- BB
- Step Ups(ttl)
- Jump Squats



July 20th

Audio

