



## 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 26th

## Lifting Option

### TDb Front Squats:

4-5 Sets w/ 1:00-1:30 TOR

- 8-12 Reps @ 50-60%

Or

- 5-8 Reps @ 70%+ w/ 2:00+ TOR

Or

- 8-10 Reps w/ Pause @ 40-50%

### TDb Deadlifts:

4-5 Sets w/ 1:00-1:30 TOR

- 8-12 Reps @ 50-60%

Or

- 5-8 Reps @ 70%+ w/ 2:00+ TOR

### TDb Reverse Lunges:

3-5 Sets w/ 1:00-1:30 TOR

- 6-8 Reps(ea) @ Max

### TDb Calf Raises:

5 Sets w/ 1:00 TOR

- 15 Reps @ Max

## MB Warm Up: **Not Optional**

- 30 Hydrants(ea)
- 40 Lat Steps(ea)
- 50 Monster Walks(ttl)

## Metcon Option

### Buy In & Out:

- 1 or 1.5 Mile Bike Ride

### **Into →**

- 80 Db Step Overs(ttl)
- 50 Db Front Squats @ 40%
- 20, 30, or 40 Cals Ran
- 60 Db Step Overs(ttl)
- 40 Db Deadlifts @ 40%
- 20, 30, or 40 Cals Ran
- 40 Db Step Overs(ttl)
- 30 Db Front Lunges(ea)
- 20, 30, or 40 Cals Ran
- 30-50 K to B/Rollouts/V-Ups



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Audio

