



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



5:00 Jump Rope:

10 Rounds(ea)

- :30 On
- :30 Off



50 Reps: #1-3 Or #3-1

1. Db Front Squat @ 60-50%
2. Db Deadlift @ 60-50%
3. Cals Biked or 5:00

Into → 800m Run or 5:00

AMRAP: R-O-T

- 12 Band Good Mornings
- 6-8 Touchdowns(ea)
- 5 Sprinter Hops(ea)



August 1st

Audio

