



Warm Up: Leg Day Baseline!

Baseline last done 12/18/23

- 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 Quadzilla! 12 Mins

5 Rounds of

- 20 Ball Tosses @ Max
- 30 BW Step Overs(ttl)

Into → AMRAP

- Cals Biked

Score = Cals On Bike or Total Reps



TDb Deadlifts:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 70-60%



E2MOM: 4 Rounds

- :30-40 Iso Squat
- AMRAP Run to 1:30 Mark

Into → R-O-T

AMRAP:

- 8-10 Rollouts → TRX
- 8 Db Rev Lunges(ttl)
- 6 Ball Clean to OH



August 13th

Audio

