



## 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



## AMRAP: 2 Rounds(ea)

### Count for Reference!

- 2:00 Singles/DU
- Rest

Warm Up → 2+ Mins

## TE3MOM: 4 Rounds

Db Front Squats

- 6-8 Reps @ 60-70%

Ladder: 12 Min Cap

20-16-12-8-4

- Cals Biked
- Db Front Squats @ 40-30%



## TAMRAP: 10 Mins

- 6 Db DL Low Step Over  
- Reset & @ Max UB
- 8/10 Cal Row



August 19th

Audio

