



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



E2MOM: 4-5 Rounds(ea)

Group A

- 12-15 Db Front Squats
 - @ 40-30% UB
- AMRAP Singles/DU
 - Stop @ 1:30 Mark

3:00 Rest/Transition

Group B

- 8-12 Db Deadlifts @ 50-40%
- 7-10/11-14 Cals Biked
 - Cap @ 1:40 Mark



Db Split Squats:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max
- Low or High Bench

TRX Bridge-Ham Curl:

5 Sets w/ 1:00 TOR

- 10-15 Reps

R-O-T → AMRAP Bike



