



Warm Up: Leg Day!

Mini Cycle Week #2/8

- 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



Mini Cycle Week #2/8

TDb Front Squats:

GVT w/ 1:00 TOR

- 60% or Less

TDb Deadlift:

4-5 Sets w/ 1:30 TOR

- 12-8 Db Deadlifts
- @ 60-50%



E4MOM: 4-5 Rounds

1. :30-:50 Bar Hang→Db Hold
2. 12-16 Alt Db Front Lunges(ttl)
3. 18-24/24-30 Cals Rowed
4. ^^^^



