



Warm Up: Leg Day!

Mini Cycle Week #3/8

- 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



T Tempo Front Squats:

4-5 Sets w/ 1:30 TOR

- 12 Reps @ 30%+

T Split Squats:

3-5 Sets w/ 1:00 TOR

- 6-10 Reps(ea) @ Max

BW Ladder: R-O-T

- 200 or 300m Run/Row
- 30 or 50 Pulsing Squats
- 200 or 300m Run/Row
- 30 or 50 BW Squats
- 200 or 300m Run/Row
- 30 or 50 Jump Squats



E3MOM: 5 Rounds

1. 8-16/12-20 Cals Rowed
2. :15 Delay → :45 Db Hold
3. 12-15 Db Deadlifts UB w/ ^^^



September 17th

Audio

