



Warm Up: Leg Day!

Mini Cycle Week #4/8

- 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 #4/8

Volume Front Squats:

AFAP @ 50%

- 60, 80, or 100 Reps

TDb Deadlifts:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

AMRAP: R-O-T

- :20-:30 Hang/Hold
- :30-:45 Rest



Final Mile Prep: (9/26)

- 2-3x800m @ Mile Pace
 - 2:00 TOR
 - Cap @ 5:00

Or →

4-5 Rounds:

- 400m Run or 2:00
- 20 Db Alt Front Lunges(ttl)

TRX Hamstring Bridge-Curls:

- 40-50 Reps



