



Warm Up: Leg Day!

Mini Cycle Week #5/8

- 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 #5/8

Class Metcon:

- 800m Run or 5:00
- Front Squats to Failure
 - 20 Rep Cap @ 60%
- :45 Db Suitcase Hold(ea)
- :10 Bike Sprint
- **3:00 Rest**



September 28th

Audio

