



Warm Up: Leg Day!

Mini Cycle Week #1/8

- 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 #1/8

TDb Front Squats:

5 Sets w/ 1:30 TOR

- 10 Reps w/ Depth
- @ 60-50%(if applicable)

TDb Split Squats:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max



T Db Deadlift:

4-5 Sets w/ 1:30 TOR

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



E3MOM: 4 Rounds

1. 8-18 Cals Biked
2. 3-5 Db Complex Reps
3. ^^^^

Complex Order: (35/50#)

- Clean
- Hang Clean
- Push Press Hold
- OH Rev Lunge(ea)
- Thruster



September 5th

Audio

