

September 5th

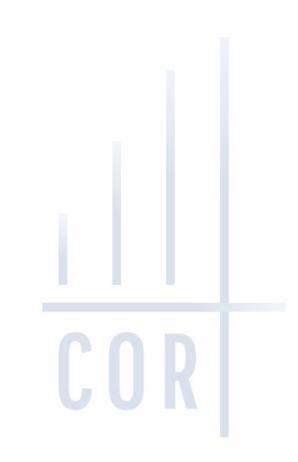
## <u>Warm Up: Leg Day!</u> Mini Cycle Week #1/8

- 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

Block 1: 20 mins

### 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



# TDb Deadlift:

4-5 Sets w/ 1:30 TOR

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

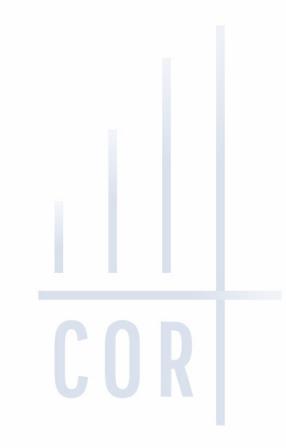
#### E3MOM: 4 Rounds

- 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



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Audio



