



Warm Up: Leg Day!

Mini Cycle Week #6/8

- 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 #6/8

5 Mins:

1. Warm Up
2. Practice
3. Choose #

AMRAP: 15 Mins

Db Clean to Squat

- 8 Reps @ Max
- 12 or 20 BW Squats
- 12/16 Cals Rowed or 1:00
- 1:00 Rest



TDb Deadlift:

4-5 Sets w/ 1:00 TOR

- 10 Reps Ramping
 - Start @ 40% ish

TDb Reverse Lunge:

AMRAP Sets w/ 1:00 TOR

- 8 Reps(ea) @ Max



AMRAP: 8 Mins

- 8/12 Cal Bike
- 150m Run



October 3th

Audio

