



Warm Up: Leg Baseline Day!

“The Row” last done on 2/6/24

- 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



## The Row! 25 Min Cap

- 5k Row

Rest Into → R-O-T

### Post Chain Superset:

3-5 Sets w/ 1:30 TOR

- 8-12 Db Deadlifts @ 50%
- 10 Bench Hip Bridges

### 4-5 Rounds:

Same Weight

- 12 Db Calf Raises
- 16 Db Alt Front Lunges(ttl)
- 20 Lat Hops(ea)/5 Low Bench



# November 1st

Audio

