



## Warm Up: Leg Day!

- 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



## E9MOM: 4 or 5 Rounds

1. 8-12 Db Front Squats @ 50-60%
2. 8-12 Db Deadlifts @ 50-60%
3. 16 Db Alt Front Lunges(ttl) @ Max
4. 10-15 BW Bench Hip Bridges
5. 10-16 Db Step Overs(ttl) @ Max
6. AMRAP Run
7. Rest
8. Rest
9. Rest



