# COR

### 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



# EMOM: 8 Mins

8 Db Thrusters @ Max

Into  $\rightarrow$  5:00

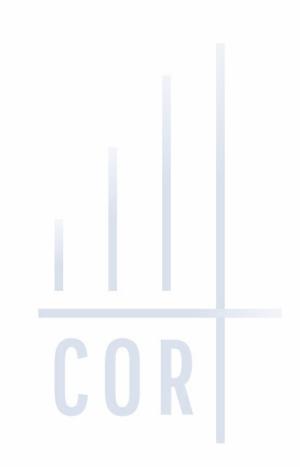
## Sprint Prep:

- Dynamic Warm Up Or/And
- Running Negative



# Sprints: 8 Intervals 100m Runs(Hydrant)

- 3 Rounds Ramping
- :45 Rest
- 5 Rounds Live
- 1:30 Rest



### **Db Deadlifts:**

• 50 Reps @ 50-60%

### AMRAP: R-O-T

- 5-7 S/L RDL's(ea)
- 10 TRX Ham Bridge-Curl
- 10-20 V-Up Variation
  Or
- 8-10 Rollouts





