



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 → 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



