



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



E2MOM: 4 Rounds

Db Movements @ Max

1. 20-60 BW Squats
2. 16-28/20-32 Aerobic Cals
3. 16-30 Db Alt Front Lunges(ttl)
4. 16-28/20-32 Aerobic Cals
5. 6-14 Db BB Deadlifts



