



Warm Up: Leg Baseline Day!

Baseline last done 4/23/24

- 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



December 12th

Block 1: Class

1:00 Biking AMRAP!

- “X” Warm Up
- 1:00 AMRAP Cals

MB Work:

- 40 Alt Hydrants(ea)
- 50 Monster Walks(ttl)
- 50 In & Outs

TDb Deadlifts:

4-5 Sets w/ 1:30 TOR

- 8-12 @ 50-60%+

T Goblet Cossack

Squat:

3-4 Sets w/ 1:00 TOR

- 5-8 Reps(ea) @ Max

TRX Hamstring Curls:

4-5 Sets w/ 1:00 TOR

- 10-15 w/ Hip Bridge



