



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



Biking Metcon: In Order

1. **5x12 or 16 Cals**
 - 1:00 TOR
2. Db Front Squats
 - 50 Reps @ 40-50%
3. **5x10 or 13 Cals**
 - :45 TOR
4. Db Deadlifts
 - 50 Reps @ 40-50%
5. **5x8 or 10 Cals**
 - :30 TOR
6. Db Alt Front Lunges
 - 80 or 100 Reps(ttl) @ Max
7. **3 Rounds**
 - **12/16** Cals or 1:00
 - 30 BW Step Overs(ttl)



