



Warm Up: Leg Option 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



Quad Emphasis:

3-5 Sets w/ 1-1:30 TOR

1. 8-12 Front Squats @ 60-50%
2. 16 Alt Front Lunges @ Max
3. 20 Step Overs @ Max

Post Chain Emphasis:

3-5 Sets w/ 1-1:30 TOR

1. 8-12 Deadlifts @ 60-50%
2. 15 MB Hip Bridge w/ Adduction
3. 10-15 TRX Bridge-Curls

Glute Emphasis:

3-5 Sets w/ 1-1:30 TOR

4. 6-10 Split Squats(ea) @ Max
5. 6-10 Reverse Lunges(ea) @ Max
6. 8-12 Bench Hip Thrusts @ Max

Plyo Work:

1:00 TOR Between Sets

1. 4-5x8-20 Bench Hops → Low Bench
2. 4-5x5(ea) S/L Low Bench Hops
3. 4-5x6-8(ea) Sprinter Hops
4. 4x6 Broad Jumps

Compound Movements: (35/50#)

4-5 Sets w/ 1-1:30 TOR

1. 6-8 Db Squat Cleans @ Max
2. 6-10 Db Thrusters
3. 6-10 Db BB Deadlift @ Max

Sprints: Warm Up First!

4-8 Rounds w/ 1:00 TOR

1. :10 Bike
2. 60m Run
3. 80m Row



