



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



January 6th

Lifting Option

TDb Front Squats:

4-5 Sets w/ 1:00-1:30 TOR

- 8-12 Reps @ 50-60%

Or

- 5-8 Reps @ 70%+ w/ 2:00+ TOR

Or

- 8-10 Reps w/ Pause @ 40-50%

TDb Deadlifts:

4-5 Sets w/ 1:00-1:30 TOR

- 8-12 Reps @ 50-60%

Or

- 5-8 Reps @ 70%+ w/ 2:00+ TOR

TDb Reverse Lunges:

3-5 Sets w/ 1:00-1:30 TOR

- 6-8 Reps(ea) @ Max

TDb Calf Raises:

5 Sets w/ 1:00 TOR

- 15 Reps @ Max

MB Warm Up: **Not Optional**

- 30 Hydrants(ea)
- 40 Lat Steps(ea)
- 50 Monster Walks(ttl)

Metcon Option

Buy In & Out:

- 1 Mile Bike Ride

Into → Weight Metcon

- 60 Step Overs(ttl) @ Max
- 40 Front Squats @ 40%+
- **20, 30, or 40 Cals Ran**
- 40 Step Overs(ttl) @ Max
- 40 Deadlifts @ 40%+
- **20, 30, or 40 Cals Ran**
- 20 Step Overs(ttl) @ Max
- 40 Alt Front Lunges(ea) @ Max
- **20, 30, or 40 Cals Ran**
- 30-50 K to B/Rollouts/V-Ups



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Audio

