



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



E5MOM: “X” Rounds

- 2:30 Row or 30/36 Cals
- Or
- 2:30 Bike or 24/30 Cals

Into → AMRAP

- Db Step Overs(35/50#)

Done = 150, 200, or 300 Reps

Into → Any Order

Db Deadlift:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

Db Front Lunges:

3-5 Sets w/ 1:00 TOR

- 16-20 Reps(ttl) @ Max

Db Front Squats:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 50%+

Bench Hip Bridge:

- 75 Reps w/ Pause

Db Cossack Squat:

- 30 Reps(ea) @ Max



February 12th

Audio

