



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



TDb Front Squat:

4-5 Sets w/ 1:30 TOR

- 8-10 Reps w/ Pause @ Max

Db Deadlift: AMRAP Sets

8-10 Mins @ 50%+

- 3-5 Reps w/ :30 TOR

Metcon Option

E4MOM: 5 Rounds

- 13-24/16-30 Cals Biked
- 12-20 Db Front Squats @ 30-40%



Alt E2MOM: 4 Rounds

Group A - 1:30 AMRAP

- Db Walking Lunge

Group B - 1:45 AMRAP

- 1 BB
- 3 Ball G to S
- 5 Sit Ups

Group C

- 1:30 Run @ Pace

OR

- 1:30 Band Good Mornings
 - w/ Tempo



February 7th

Audio

