



Warm Up: Leg Day!

Front Squat Cycle #4/12

- 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



Pull Up Month!

- 20-30 Strict Reps

Into → R-O-T

Metcon:

- 300m Run or 2 Mins
- 20 BW Squats
- 15 BW Front Lunges(ttl)
- 10 BW Bridge Step Outs
- 8/10 Cals Biked



Capacity AMRAP's:

4:00 Work/2:00 Rest

#1

- Ball Clean Step Over

#2

- 4 or 6 Cals Biked
- :20 Rest

#3 → Ladder UB1

- 1 Db Deadlift @ 40%+
- 1 BB

#4

- Aerobic Choice

OR

- Db Thrusters(35/50#)



Week #4

1. Warm Up(w/ Bands?)
2. 5x10-12 @ 50-55%
 - w/ 2:30 TOR

Supplemental Lifts

1. Db Deadlifts
 - 5x6-8 @ 65%+ w/ 2:00+ TOR
2. Db Walking Lunge @ Max
 - Rack to Rower & Back
 - 5x2 w/ 2:00 TOR
3. Depth Drops
 - 5x8 OR 5x4(ea) S/L



March 25th

Audio

