



Warm Up: Leg Day!

Front Squat Cycle #5/12

- 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! 3 Mins

- Test Pull Up AMRAP

E4MOM: 5 Rounds

- 6-12 Cals Biked
- 8 Db Front Squats @ 50%+
- 6-12 Cals Biked
- 8 Db Deadlifts @ 50%+



TDb Reverse Lunges:

3-5 Sets w/ 1:00 TOR

- 6-8 Reps(ea) @ Max

AMRAP: 8-10 Mins

- 100 or 150m Run
- 10-20 BW Squats

Bridge Step Outs:

- 40 Rep Cap



Week #5

1. Warm Up(w/ Bands?)
2. 5x8-10 @ 60-65%
 - w/ 3:00 TOR

Supplemental Lifts

1. TRX Bridge-Ham Curls
 - 5x12 w/ 1:00 TOR
2. Db Walking Lunge @ Max
 - Rack to Rower & Back = 1
 - 5x2 w/ 2:00 TOR
3. Touchdowns
 - 5x8(ea) @ Pace



