



Warm Up: Leg Day!

Front Squat Cycle #10/12

- Test Deep Squat Db Mobility
- Roll Hip Flexors & Calves
- Low Bench Ankle Mobility
- 90/90 Hip Mobility w/ Raise
- PVC Wrist/Elbow Warm Up
- Re-Test Deep Squat Db Mobility



TDb Front Squat:

4-5 Sets w/ 1:30 TOR

- 12 Reps w/ Pause @ Max

Db Deadlift:

AMRAP Sets @ 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 E<sup>2</sup>MOM: 4 Rounds(ea)

1. Db Walking Lunge
  - 2-3 Shuttles
2. 1:30 AMRAP
  - 1 BB
  - 2 Ball/Db Cleans
  - 3 Ball/Db Squat Cleans
3. 1:30 AMRAP Run
  - @ Pace



## On Whiteboard

### Week #10

1. Warm Up(w/ Bands?)
2. 3x2-4 @ 95-100%
  - w/ 3:00+ TOR

### Supplemental Lifts

1. Db Deadlifts @ 70%+
  - 5x6-8 w/ 1:30 TOR
2. Db Step Ups @ Max
  - 5x6(ea) w/ 1:30 TOR
3. Three Point Touch
  - 20 Reps(ea)



April 30th

Audio

