



Warm Up: Leg Day!

Front Squat Cycle #12/12

- 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



Hip/Glute Work: MB For All

:35 on/:25 off for 4 rounds

- Alt Hydrants(Floor)
- Hip Bridge w/ Abduction
- Alt Clam Shells
- Monster Walks



TDb Deadlifts:

4-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ 40-60%

400m Run or 3:00

Metcon: 4-5 Rounds

- 12 Db Goblet Squat w/ Pause
- Db Hang Clean Reset to Carry
 - 4 Shuttles(8 Hang Cleans)
- 8-10/10-12 Cals Rowed

400m AMRAP Run



On Whiteboard

Week #12

1. Warm Up(w/ Bands?)
2. 1 Rep Max
 - Ramp!
 - Try Twice!



May 12th

Audio

