



## Warm Up: Leg Day!

- 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 Squats:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

Db Reset Deadlift Carry:

Reset Every .5 Shuttle

- 15 or 20 Shuttles

TDb Reverse Lunges:

4-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max



## You go, I go!

### #1 - 8 Mins

- 100m Run
- 10 BW Squats

1:00 Rest/Transition

### #2 - 8 Mins

- 6/8 Cals Biked
- 6 BW Ben/Box Overs(ttl)



May 29th

Audio

