COR

Warm Up: Leg Baseline 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



Baseline Last Done 8/13/24!

TQuadzilla! 15 Mins 5 Rounds of

- 20 Ball Tosses @ Max
- 30 BW Step Overs(ttl)

Into → AMRAP

Cals Biked



Score = Cals On Bike or Total Reps

June 21st

Block 2: 13 mins/2 mins

TDb Deadlifts:

4-5 Sets w/ 1:30 TOR

• 8-12 Reps @ 50%+



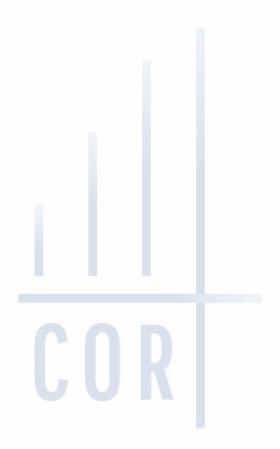
E2MOM: 4-5 Rounds

- :30-45 Iso Squat
- AMRAP Run
- Stop @ 1:30 Mark

Into → R-O-T

AMRAP:

Rollouts → TRX



June 21st Audio



