



## 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



## 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



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

