



## Warm Up: Leg Day!

### Mini Cycle #3/8

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



Mini Cycle: Week #3

Deadlift - Volume

E3MOM: 5 Rounds

Every :30 = 2-4 Deadlifts

- 1:30 Db Hold

E3MOM: 5 Rounds

- :40 Plank
- 12-32 Cals Rowed



## Db Complex: 12 Mins

- 4 Cleans
- 4 Step Overs(ttl)
- 4 Front Squats
- 4 Front Lunges(ttl)
- 1:00 Rest



December 14th

Block 1:

