



Warm Up: Leg Day!

Mini Cycle #4/8

- 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 #4

Deadlift - Heavy

- Continue Warm Up
- 5x6-8 @ 80-85% w/ 3-4:00 TOR

Into → Hip Flexor Work

AMRAP:

- :30 Goblet Psoas Hold(ea)
- 8 ^^ Reverse Lunges(ea)
- 10 Leg Raises(On Bar)



Lifting Option

Db Front Squats:

4-5 Sets w/ 2:00 TOR

- 15 Reps UB @ 40%

Metcon Option

EMOM: **12 Mins**

1. 7-18 Cals Biked
2. 4-12 BB
3. 10-20 Ball Tosses



December 20th

Block 1:

