



Warm Up: Leg Day!

Mini Cycle #8/8

- 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



Deadlift Mini Cycle:

Week #8(Final Week)

1. Re-Test 10RM or Find It!
2. Choose 3-4 From Below

Db Front Squats:

3-5 Sets w/ 1:30 TOR

- 10 Reps w/ Pause @ 50%

E2MOM: 4-5 Rounds

- 8-18 Cals Biked
- 16 Db Alt Front Lunges(ttl)
@ Max

TRX Hamstring Bridge-Curl:

4-5 Sets w/ 1:00 TOR

- 12-15 Reps w/ Tempo

Ball Squat Clean:

EMOM - 6-8 Mins

- 6-8 Reps @ Max

EMOM: 8 Mins

- 10-30 K to B/Sit Ups
- Or
- 8-12 Rollouts

Db Split Squat:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max



