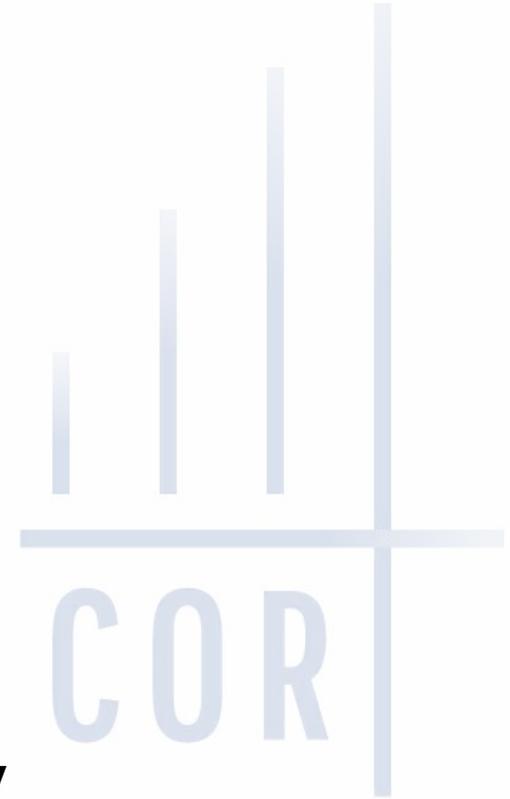




Warm Up: Leg Day!

- 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



MB Work:

- 50 Lat Steps(ttl)
- 50 Hydrants(ea)
- 50 Monster Walks(ttl)

Db Front Squats:

3-5 Sets w/ 2:00 TOR

- 8-10 Reps w/ Pause @ 40-50%

S/A Waiters Carry Front Lunge:

4 Sets w/ 1:00 TOR

- 10 Reps Alternating @ Max

Cross Body Ball Slam:

AMRAP Sets

- 6 Reps w/ :30 TOR



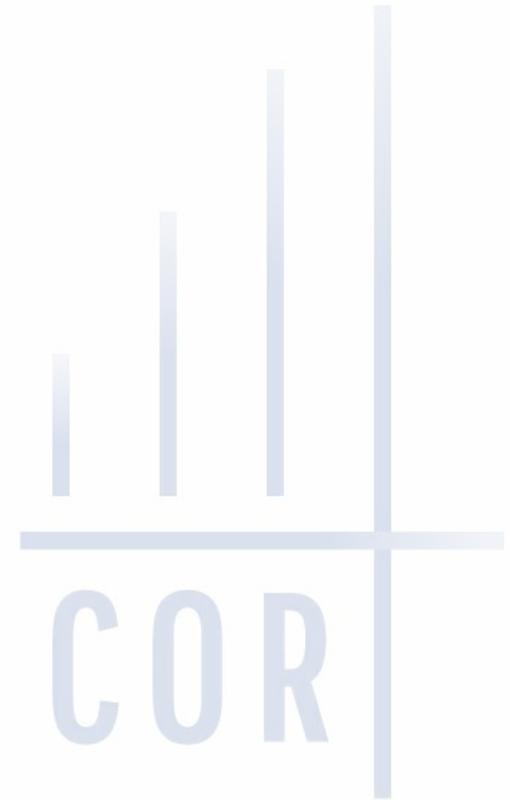
Alt E2MOM: 6 Rounds(ttl)

Even

- :45 Aerobic Choice @ 60%+
- 10-30 BW Squats

Odd - **Different Aerobic Choice**

- :45 Aerobic Choice @ 60%+
- 10-20 Db Step Overs(ttl)



May 9th

Audio

