



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



Round #1: 15 Mins Gross

8 Min EMOM to start

- 4 Db Squat Cleans w/ Step Over(ttl)

Into → 7:00

- 16-24/24-30 Cals Biked
- 200-400m Run

Round #2: 13 Mins Gross

6 Min EMOM to start

- 4 Db Squat Cleans w/ Step Over(ttl)

Into → 7:00

- 16-24/24-30 Cals Biked
- 200-400m Run

Round #3: 11 Mins Gross

4 Min EMOM to start

- 4 Db Squat Cleans w/ Step Over(ttl)

Into → 7:00

- 16-24/24-30 Cals Biked
- 200-400m Run

Round #4: 9 Mins Gross

2 Min EMOM to start

- 4 Db Squat Cleans w/ Step Over(ttl)

Into → 7:00

- 16-24/24-30 Cals Biked
- 200-400m Run



