



## 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



## Pistol Squat:

- 20-30 Reps(ea) @ Pace

## Progressions

- TRX
- Bench Sit w/ Kickstand
- Bench Sit
- Bench Tap
- No Bench
- Bosu

## Lateral Hop w/ Landing:

4x6-10(ea) @ Pace

## Progressions

- Behind Cone
- Over Cone
- Low Bench
- High Bench
- Bosu



4 Rounds:

- 400m Run/Row
- 20 Db Alt Front Lunges(ttl)

Db Deadlift or Kickstand Deadlift:

**3-5 Sets w/ 1-1:30 TOR**

Deadlift = 10 Reps @ 60-50%

Kickstand = 6-10 Reps(ea) @ Max

Db Split Squat:

**3-5 Sets w/ 1-1:30 TOR**

- 6-10 Reps(ea) @ Max



# Pop Up Work

On Whiteboard: Brick Work

**Choose One - Ideally No Rest**

- 3x100 Cals into 1600m Run
- 3x75 Cals into 1600 or 1200m Run
- 3x50 Cals into 1200 or 800m Run



June 14th

Audio

