



Warm Up: Leg Day!

Mini Cycle Week #7/8

- 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 #7/8

TDb Front Squat:

1. Find/Test 1RM(Optional)

Choose One

2. 4-5x8-12 @ 60% w/ 1:30 TOR

3. 4-5x15-20 @ 30-40% w/ 1:30 TOR

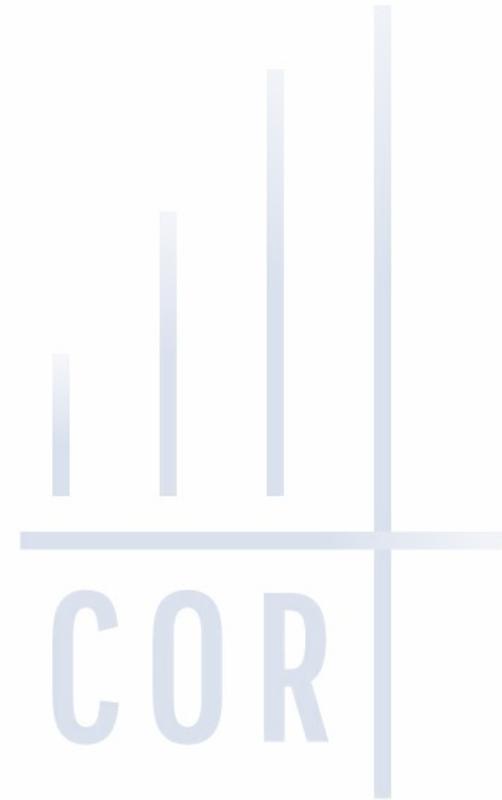
TDb Split Squat:

AMRAP Sets w/ 1:00 TOR

- 6-8 Reps(ea) @ Max



- T** AMRAP: 10 Min Cap
- 2000m Row <27 S/M



TDb Death March:

4-5 Sets w/ 1:00 TOR

- 10 Reps @ Max

Or

TDb Deadlift:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 50-60%



October 9th

Audio

