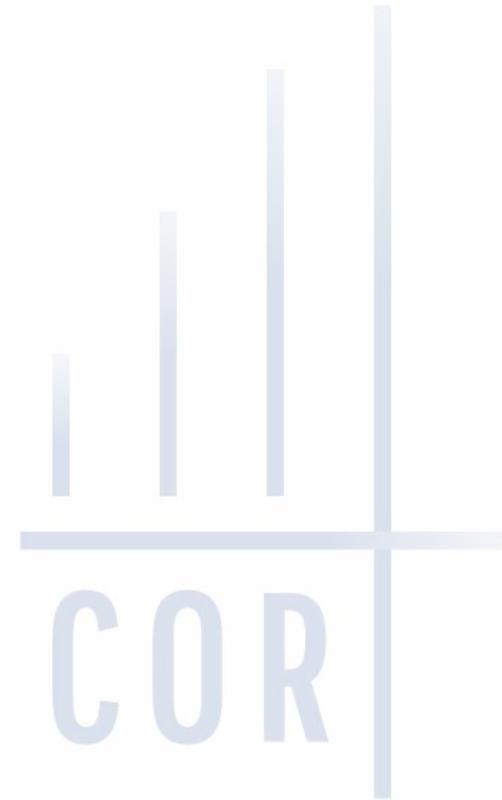




Warm Up: Leg Baseline Day!

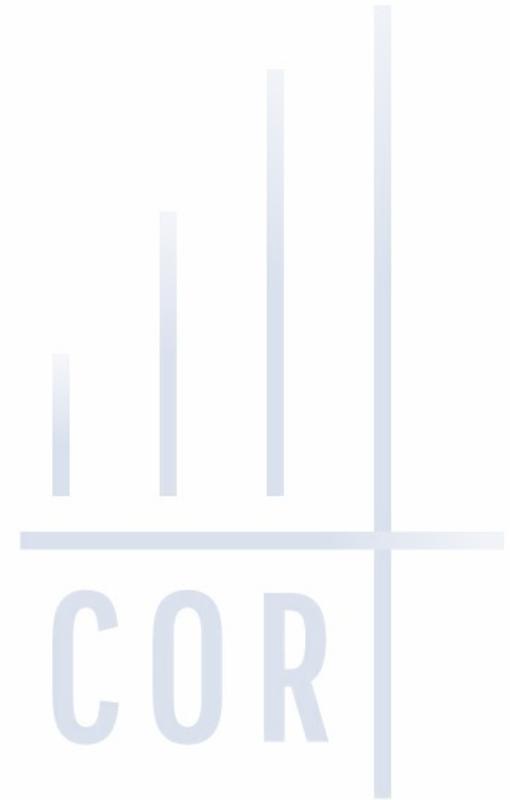
1,000m Row last done on 1/23/24

- 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



Rowing Baseline!

- 1000m AFAP



Db Front Squats:

4-5 Sets w/ 1:30 TOR

- 15 Reps @ 30-40%

Db Thrusters:

Counts as 5 Sets

- 50 Reps @ Max
- 35/50#

Db Deadlifts:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50-60%+

Db Split Squats:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max

TRX Ham Bridge-Curls:

5 Sets w/ 1:00 TOR

- 12-15 Reps

Metcon: 10 Mins

- 10/12 Cal Row
- 16 Alt Db Front Lunges(ttl)
- 4 Ball G to S



