



Warm Up: **Leg Metcon 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



AMRAP Ladder:

Down & Up

- 500m or 800m Run(Tree)
- 20 Db Deadlifts @ 40%
- 400m or 600m Run(Park)
- 30 Db Front Squats @ 40%
- 300m or 400m Run(Bold)
- 40 Db Alt Front Lunges(ttl)
 - @ Max(35/50#)
- 200m Run(Half PL)
- 50 BW Step Overs(ttl)
 - Just Once ^^^



December 27th

Audio

