



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



5 Rounds:

Every 1:15 = 10-15 Reps

- 8 Sprinter Hops(ea)

1:00 Transition

5 Rounds:

Every 1:30 = 10-15 Reps

- TRX Bridge-Ham Curl



TDb Front Squats:

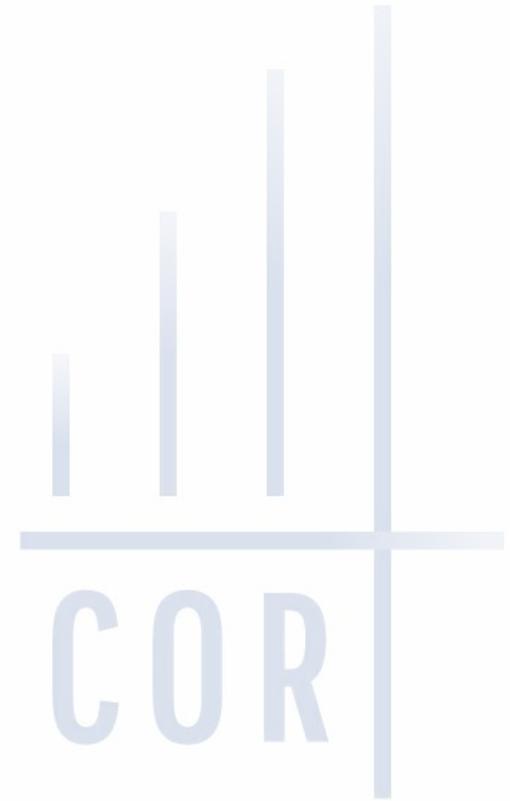
4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 50%+

TDb Reverse Lunges:

4 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max



AMRAP Ladder:

10 Mins Down & Up

20-16-12-8-4

- Cals Rowed
- 1.5x BW Squats
(30-24-18-12-6)



