



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



TDb Deadlifts:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

TRX Bridge-Ham Curl:

5 Sets w/ 1:00 TOR

- 10-15 Reps UB



Capacity Work:

Down & Up

1. 2:30 OR 24-32/32-40 Cals Biked
 - 1:00 Rest
2. 2:00 OR 60 BW Squats
 - 1:00 Rest
3. 1:30 OR 35 Sit Ups
 - 1:00 Rest
4. 1:15 OR 24 Alt Db Snatches(ttl)
 - 1:00 Rest
5. 1:00 OR 14/18 Cals Biked
 - :30 Rest



