



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



February 19th

TDb Front Squat:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

TDb Step Overs:

4-5 Sets w/ 1:30 TOR

- 20 Reps(ttl) @ Max
- (35/50#)(20/24")

TRX Bridge-Ham Curl:

5 Sets w/ 1:00 TOR

- 10-15 Reps UB

Into → Class Metcon

Metcon: 5 Round Cap

- 10-16/14-20 Cals Biked
- 12 Bar Skill/V-Up/Tuck Up
- 10 S/A Db OH Rev Lunges(ttl)
- 8 Bar Skill/V-Up/Tuck Up
- 6 S/A Db OH Rev Lunges(ttl)
- 4 Ball Clean to S



