



Warm Up: Leg Day!

Front Squat Cycle #1/12

- 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



Pull Up Month!

- 20-30 Strict Reps

Metcon:

- 40 Ball G to S
- 40 or 50 Front Squats @ 40%
- 20 or 30 Cals Biked
- 30 Ball G to S
- 40 or 50 Deadlifts @ 50%
- 20 or 30 Cals Biked
- 20 Ball G to S
- 40 Single Db Reverse Lunge(ttl)
- 20 or 30 Cals Biked
- 10 Ball G to S
- 50 Band Good Mornings
- 40 or 60 Cals Biked



Week #1

1. Warm Up
2. 1 RM
3. GVT @ 40-60% w/ 1:00 TOR
 - Track # of Reps completed

Supplemental Lifts

1. Db Deadlifts
 - 4x12 @ 40% w/ 1:30 TOR
2. TRX Bridge-Ham Curls
 - 4x10 w/ :45 TOR
3. Db Reverse Lunges
 - 4x6-8(ea) @ Max w/ 1:30 TOR



