



Warm Up: Leg Day!

Front Squat Cycle #8/12

- Test Deep Squat Db Mobility
- Roll Hip Flexors & Calves
- Low Bench Ankle Mobility
- 90/90 Hip Mobility w/ Raise
- PVC Wrist/Elbow Warm Up
- Re-Test Deep Squat Db Mobility



TDb Front Squats:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50-60%

TDb Deadlifts:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50-60%

E2MOM: R-O-T

- 100-200m Run
- Goblet Lateral Steps
 - 1-4 Shuttles



AMRAP Ladder: 14 Mins

DB 1 Set & 10 Reps Each Round

1. 4x6-8/8-10 Cals Biked
 - :20 Rest Each Set
2. 50 BW Squats

Option #2

DB 6 Reps Each Round

- 30 BW Squats



On Whiteboard

Week #8

1. Warm Up(w/ Bands?)
2. GVT @ 60%
 - As Close as Possible
 - w/ 1:00 TOR

Supplemental Lifts

1. Db Deadlifts @ 50%+
 - 4x8-12 w/ 1:30 TOR
2. Db Reverse Lunges @ Max
 - 4x6-8(ea) w/ 1:30 TOR
3. MB Hydrants @ Max Resistance
 - 5x10(ea) Alternating Legs



April 18th

Audio

