



## Warm Up: Leg Day!

### Front Squat Cycle #9/12

- 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



## Lifting Option

### TDb Front Squats:

4-5 Sets w/ 1:30 TOR

- 15-20 Reps @ Max

### Post Chain Superset:

4-5 Sets w/ 1:30 TOR

- 8 Band Good Mornings
- 8 Db Deadlifts @ 40%+

### TDb Step Ups: (35/50#)

AMRAP w/ 1:00 TOR

- 6 Reps(ea) @ Max

## Metcon Option

### AMRAP Ladder:

24-20-16-12-8 Reps

OR

20-16-12-8-4 Reps

Same # For ALL

- 8-14/12-18 Cals Rowed
- Db Front Squats
- Db Deadlifts
- Db Step Overs(ttl)
- BW Jumping Jacks

Into → AMRAP Run



April 24th

Block 2: 16 mins/2 mins

## T Alt EMOM: 16

Mins

### Even

- 8-20 Core Choice
  - T to B
  - K to B
  - Knee Tucks
  - Rollouts
  - V-Ups
  - Hip Raises
  - Leg Raises

### Odd

- 10-20 Sit Ups

OR



## On Whiteboard

### Week #9

1. Warm Up(w/ Bands?)
2. 5x3-5 @ 90-95%
  - w/ 3:00+ TOR

### Supplemental Lifts

1. Db Deadlifts @ 60%+
  - 5x8-10 w/ 1:30 TOR
2. Db Reverse Lunges @ Max
  - 5x5(ea) w/ 1:30 TOR
3. Goblet Sit Squats @ Max
  - 30 Reps



April 24th

Audio

