



Warm Up: Leg Day!

- 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



4 Rounds

- 150, 250, or 400m Run
- Db Walking Lunges
- 3 Shuttles(35/50#)

3 Rounds

- 300, 450, or 600m Run
- 20 Db Step Overs(ttl)
- (20/24")(35/50#)

2 Rounds

- 450, 650, or 800m Run
- Db Walking Lunges
- 3 Shuttles(35/50#)

1 Round

- 600, 850, or 1000m Run
- 20 Db Step Overs(ttl)
- (20/24")(35/50#)



June 16th

Audio

