



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



E3MOM: 3 Rounds

1. AMRAP Singles/DU
 - Group A
2. AMRAP Singles/DU
 - Group B
3. Rest



TDb Front Squats:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

TDb Reverse Lunges:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max

Single Db Lateral Deadlift:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps(ea) @ Max



- T** Bike Ride:
10 Min Cap
- **80/100 Cals**



June 28th

Audio

