COR

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



June 3rd

TDb Step Ups: Foot On

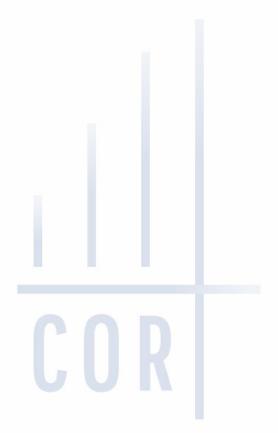
- 4 Sets w/ 1:30 TOR
- 6-10 Reps(ea)
- (35/50#)

Db Split Squat:

- 30-40 Reps(ea)
- @ Max

Suitcase Deadlift:

- 30-40 Reps(ea)
 - @ Max



E2MOM: 9 or 12 Rounds

- 1. 200/100 Singles/DU
 - 1:30 AMRAP
- 2. 14-28/18-32 Cals Rowed
- 3. 50 BW Squats
 - 1:30 AMRAP



June 3rd Audio



