



## 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



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



