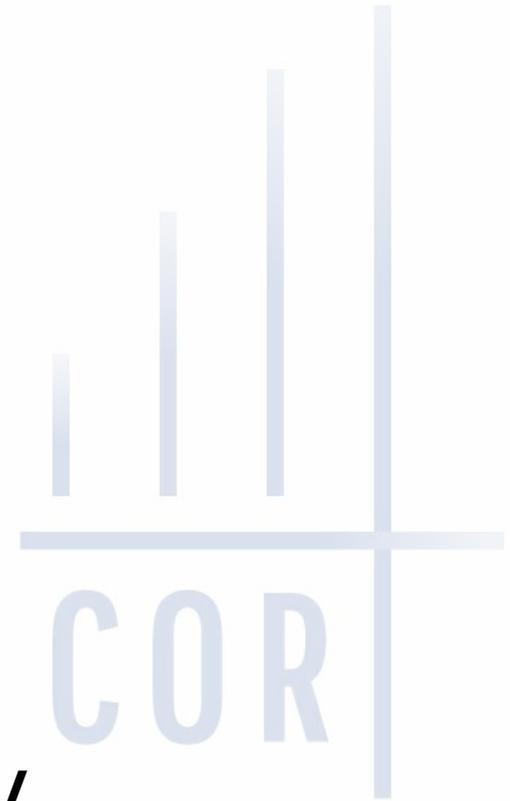




Warm Up: Leg Day!

- 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)
- (20/24")(35/50#)

TDb Deadlift:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

AMRAP: R-O-T

Both Sides Then Rest

- 5 S/A Thrusters
- 5 Sprinter Hops
- 1:00 Rest



Alt EMOM: 19 Mins

Group A - 4 Mins

- :35 AMRAP Singles/DU

Group B - 4 Mins

- :25 Max Bike

1:00 Switches



