



DATE: 2-15-24

Warm - Up Protocol: 5 Min TIC				
Reps	Exercise:	L1	L2	L3
:30	Body Squats			
:30	High Knees			
:30	Sprinter's Stretch (R)			
:30	Sprinter's Stretch (L)			
:30	Butt Kicks			

Focus: Lower Body

Round 1	Round 2	Round 3	Exercise Protocol: A total of 3 rounds. 1 st round: 21 reps, 2 nd round: 14 reps, 3 rd round: 7 reps. After each round, you will get on the bike and burn the same number of calories as reps for each round. Time Cap 25 Mins.	L1	L2	L3
18	12	6	Clean/Racked Step Up	<15	20-30	35+
18	12	6	Wall Balls	<12	16	20
18	12	6	KB Clean/Back Lunge	-	-	-
18	12	6	Calories on Bike.	-	-	-

Mobility Protocol: 8 Min	
Reps	
15	Kneeling Hip Flexor/Hamstring String Stretch (R)
15	Kneeling Hip Flexor/Hamstring String Stretch (L)
20	Hip Bridge Marches (ea)
20	Ostrich Walks
20	Ankle Grabbers
15	Seated (on Box) Rotational Stretch.