



DATE: 4-4-24

Format: 6 x 4

## Warm - Up Protocol

	Exercise:
:30	B2B Squats
:30	Fast Jacks
:30	Skaters
:30	Yo-Yos
:30	ALT Sprinter's Lunge

Focus: Lower Body

Reps	Exercise: 6 rounds, 4 minutes each round. Complete entire circuit <b>AND</b> the bike in under 4 minutes. Any additional time left over is to be used as rest. <b>If the round cannot be completed in under 4 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2.</b> Repeat this until the round can be completed in under 4 mins.
10	Racked Squat (heels up on TC) *
8	KB OTH Step Ups
20	Wallballs **
5	Bulgarian Lunges (ft on box)
0.2	Distance on Bike

## Mobility Protocol (8 mins)

Reps	
:50	90/90
:50	Hip Flexor Raise (R)
:50	Hip Flexor Raise (L)
:50	Sprinters Stretch + Rotate (R)
:50	Sprinters Stretch + Rotate (L)
:50	Ankle Grabbers
:50	Sprinter/Hamstring Flow (R)
:50	Sprinter/Hamstring Flow (L)