



DATE: 3-12-24

Format: 6 x 4

Warm - Up Protocol

	Exercise:
:30	Plyo Sprinter's Lunge (R)
:30	Plyo Sprinter's Lunge (L)
:30	Ankle Grabbers
:30	High Knees
:30	Butt Kicks

Focus: Lower Body

Reps	Exercise: 6 rounds, 4 minutes each round. Complete entire circuit AND the bike in under 4 minutes. Any additional time left over is to be used as rest. If the round cannot be completed in under 4 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2. Repeat this until the round can be completed in under 4 mins.
7	Racked Squats *
7	KB Bulgarian Lunges (ft on box) *
7	Bottom's Up KB Lateral Lunge *
0.3	Distance on Bike

Mobility Protocol: 8 mins.

Reps	
:50	Sprinter's Rotational Stretch (R)
:50	Sprinter's Rotational Stretch (L)
:50	Seated Hip Flexor Raise (R)
:50	Seated Hip Flexor Raise (L)