



DATE: 3-14-24

Format: Blitz

Warm - Up Protocol

Reps	Exercise:
:30	Burpees
:30	Inch Worms
:30	ALT Back Lunge
:30	ALT Front Lunge
:30	V-Ups

Focus: Total Body

Reps	Exercise: 25 minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.
7	Push Press
8	OTH KB Step Up
10	TTB
5	Single Arm Squat/High Row
5	SB Zercher Surrenders
10	Calories on Bike

Mobility Protocol (8 mins)

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