



DATE: 4-13-24

Format: 5 x 5

Warm - Up Protocol

	Exercise:
:30	Inchworms
:30	ALT Side Plank Kick Through
:30	B2B Squats
:30	Mtn. Climbers
:30	ALT Back Lunges

Focus:

Reps	Exercise: 5 rounds, 5 minutes each round. Complete entire circuit AND the bike in under 5 minutes. Any additional time left over is to be used as rest. If the round cannot be completed in under 5 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 5 mins.
15	Wallballs **
8	1:1 DBL KB Clean/KB Racked Squat *
12	MYO Roll Ins (knees on BOSU)
8	Skull Crushers
12	Calories on Bike

Mobility Protocol: 8 mins. Repeat if time allows.

Reps	
:50	Ostrich Walks
:50	Hip Bridge Walks
:50	Standing Hip Cars (R)
:50	Standing Hip Cars (L)
:50	Hip Airplanes (R)
:50	Hip Airplanes (L)
:50	90/90
:50	Ankle Grabbers