



DATE: 4-23-24

Format: 6 x 4

Warm - Up Protocol

	Exercise:
:30	Squat Drops
:30	Sprinters Rotational Stretch (R)
:30	Sprinters Rotational Stretch (L)
:30	Ankle Grabbers
:30	B2B Sumo Squats

Focus: Lower Body

Reps	Exercise: 6 rounds, 4 minutes each round. Complete entire circuit AND the bike in under 4 minutes.
5	Racked Sumo Squat
6	Split Squat (ea)
6	Lateral Lunge (ea)
0.2	Distance on Bike

Mobility Protocol: 8 mins. 2x.

Reps	
:50	Scapula Push Ups
:50	Shoulder 90/90
:50	Thumbs Up Raises
:50	Cat/Cow
	(repeat)