



DATE: 6-1-24

Format: 20 > 5

Focus: Lower Body

Warm – Up/Mobility Protocol 7 Mins, 2x.

Reps	Exercise:
:30	B2B Squats
:30	Ostrich Walks
:30	ALT Front Lunges
:30	Sprinter's Lunge (R)
:30	Sprinter's Lunge (L)
:30	Sumo Squats
:30	Heel Kicks

Round 1	Round 2	Round 3	Round 4	Exercise: 4 rounds. 30 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps.
20	15	10	5	ALT OTH Back Lunge
20	15	10	5	Goblet Squat
20	15	10	5	Center Hold Lateral Split Squat
20	15	10	5	Wall Balls
20	15	10	5	Calories on Bike
				*** Spicy Finisher, AMRAP (if time left) ***
			0.3	Distance on Bike
			20	Butterfly Sit Ups
			20	Jack Knives