



DATE: 6-4-24

Format: Spiral

Focus: Lower Body

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

Reps	Exercise:
:30	Ankle Grabbers
:30	Ostrich Walks
:30	ALT 90/90
:30	ALT Front Lunges
:30	B2B Squats
:30	Heel Kicks
:30	High Knees

Exercise: 4 rounds. 25 Minute Time Cap. The 1st round is 10 minutes, the 2nd round is 7 minutes, the 3rd round is 5 minutes and the 4th round is 3 minutes. The rep number will match the minutes in the round.
Example: 1st round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	Split Squat	<10	12-20	25
10	7	5	3	SSLDL	<15	20-25	40
10	7	5	3	Racked Squat	<15	20-30	35
10	7	5	3	Slamball Zercher Step Ups	15	20-30	40
10	7	5	3	Center Hold Squat	<20	25-35	40
10	7	5	3	MYO Hamstring Curl	-	-	-
1.0	.7	.5	.3	Distance on Bike			
				Spicy Finisher			
			10	Weighted Sit Ups	<8	10-12	15
			10	TTB			
			10	Wipers	<10	12-20	25