



DATE: 5-23-24

Format: Spiral

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

Reps	Exercise:
:30	3:3 Jumping Jacks/High Knees
:30	Hip Flexor Raises (R)
:30	Hip Flexor Raises (L)
:30	90/90
:30	In & Outs
:30	Supermans
:30	Ankle Grabbers

Focus: Lower Body

Round 1	Round 2	Round 3	Round 4	Exercise: 4 rounds. 25 Minute Time Cap. The 1 st round is 10 minutes, the 2 nd round is 7 minutes, the 3 rd round is 5 minutes and the 4 th round is 3 minutes. The rep number will match the minutes in the round. Example: 1 st 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.
10	7	5	3	1:1 Racked Squat/ALT Racked Step Ups
10	7	5	3	OTH Split Squat
10	7	5	3	RDL
10	7	5	3	Single Leg Stand Up (weighted)
10	7	5	3	KB Bottoms Up Goblet Squat
1.0	.7	.5	.3	Distance on Bike
				*** Spicy Finisher*** 5 Mins, AMRAP
			10	Weighted Jack Knives
			7	TTB
			12	Butterfly Sit-Ups