



DATE: 5-9-24

Format: Blitz

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

Reps	Exercise:
:30	Sumo Squats
:30	Ankle Grabbers
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Ostrich Walks
:30	Hip 90/90
:30	Spider Climbers

Focus: Lower Body

Reps	Exercise: 30 minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken. Once you have completed each superset + the bike, do the "Spicy Meatball" for the remaining time. Track how many Spicy Meatball rounds you complete.
	SUPERSET: Do each circuit 3x before moving on to the bike
7:7	Racked Squats/Bulgarian RDL
7	Calories on Bike
8:12	Racked KB Step Up/MYO Hamstring Curls
7	Calories on Bike
7:10	KB Lateral Lunge (ea)/Sumo Goblet Squat
7	Calories on Bike
	****SPICY MEATBALL****
7	OTH Step ups (KB or DB)
10	OTS Stone Toss
10	TTB