



DATE: 7-6-24

Format: 20 > 5

Focus: Legs

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

Reps	Exercise:
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Elephant Walks
:30	Ankle Grabbers
:30	Ostrich Walks
:30	ALT 90/90
:30	Hip Bridge Marches

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.

Reps				Exercise:	Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
20	15	10	5	Racked Squats	12	20	30
20	15	10	5	MYO Hamstring Curls	-	-	-
20	15	10	5	Wall Balls	12	16	20
20	15	10	5	ALT Jumping Step Ups	-	-	-
20	15	10	5	Calories on Bike			
				** Spicy Finisher**			
				50 (ea) Walking Lunges	12	20	30