



DATE: 6-18-24

Format: Blitz

Focus: Lower Body

<p>Warm – Up/Mobility Protocol 7 Mins, 2x.</p>
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Reps	Exercise:
:30	ALT Front Lunges
:30	Ostrich Walks
:30	Sprinter’s Rotational Stretch (R)
:30	Sprinter’s Rotational Stretch (L)
:30	Standing Hip Airplanes (R)
:30	Standing Hip Airplanes (L)
:30	High Knees

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you’re able to complete all the reps unbroken.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
8	Statue of Liberty	10	20	30
12	Sumo RDL	15	25	35
0.4	Distance on Bike			
6	Racked B2B Squats	15	25	35
12	Banded KB Russian Swings	15	25	35
12	Calories on Bike (seated)			