



DATE: 6-24-24

Format: 6 x 4

Focus: Lower Body

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

	Exercise:
:30	ALT Front Lunges
:30	Ostrich Walks
:30	Sprinter's Stretch (R)
:30	Sprinter's Stretch (L)
:30	Elephant Walks
:30	Squat Drops
:30	High Knees

Exercise: 6 rounds, 4 minutes each round. Complete entire circuit **AND** the bike in under 4 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 4 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2.** Repeat this until the round can be completed in under 4 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
14	Wallballs **	12	16	20
8	ALT SB Back Lunge *	Lt	Lt	Hvy
7	Bulgarian RDL (ft on box) *	10	20	30
10	Calories on Bike			
	Target Finisher			
0.2	Distance: 40 seconds or less. Add 1 rep for every second over 40.			
3	Burpees			