



DATE: 6-27-24

Format: Spiral

Focus: Lower Body

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

Reps	Exercise:
:30	ALT Back Lunges
:30	Sumo Squats
:30	Hip Airplanes (R)
:30	Hip Airplanes (L)
:30	ALT 90/90
:30	Hip Bridge Marches
:30	Mtn. Climbers

Exercise: 4 rounds. 25 Minute Time Cap. The 1st round is 10 minutes, the 2nd round is 7 minutes, the 3rd round is 5 minutes and the 4th round is 3 minutes. The rep number will match the minutes in the round.
Example: 1st 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.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	1:1 DB Clean/Step Up (ea)	15	25	35
10	7	5	3	Sprinter's Lunge	10	20	30
10	7	5	3	RDL	20	30	40
10	7	5	3	Sumo Goblet Squat w KB	20	30	40
1.0	.7	.5	.3	Distance on Bike			
				Spicy Meatball			
			100	B2B Squats			