



DATE: 7-20-24

Format: 5 x 5

Focus: Lower Body

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

	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: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 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 5 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
8	ALT Jumping Step Ups w/SB on Back *	Hvy	Hvy	Hvy
12	MYO Hamstring Curls **	-	-	-
0.2	Bike Distance, Seated			
10	Sumo Goblet Squat *	25	35	45
	** Spicy 5:5 Funnel 1:1 Finisher **			
	ALT Zercher Step Ups w Slam Ball/Burpees			