



DATE: 7-27-24

Format: Blitz

Focus: Legs/Abs

<p>Warm – Up/Mobility Protocol 7 Mins, 2x.</p>
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Reps	Exercise:
:30	Ostrich Walks
:30	Ankle Grabbers
:30	Elephant Walks
:30	ALT 90/90
:30	Sprinter’s Rotational Stretch (R)
:30	Sprinter’s Rotational Stretch (L)
:30	Hip Bridge Marches

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
12	OTH Back Lunge	10	15	20
20	Bulgarian Split Squat (on Box)	Bw	Bw	Bw
0.5	Distance on Bike			
15	MYO Hip Bridge	-	-	-
3	Racked Squat (Max Weight)	MAX	MAX	MAX
15	Calories on Bike			