



DATE: 8-17-24

Format: Double Trouble

Focus: Lower Body

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

	Exercise:
0:30	Ostrich Walks
0:30	Ankle Grabbers
0:30	Elephant Walks
0:30	ALT 90/90
0:30	Sprinter's Rotational Stretch (R)
0:30	Sprinter's Rotational Stretch (L)
0:30	Hip Bridge Marches

Exercise: 30 Min Time Cap. Do 3 rounds of the circuit, then 20 calories of the bike, then 3 rounds of the next circuit. Increase weight by 5lbs each round. Increase weight by 10lbs if all reps can be performed unbroken.

Final round should be MAX EFFORT on EVERY LIFT.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
			Circuit A:			
12	12	12	KB Bulgarian Split Squat on Box	15	25	35
10	10	10	MYO Pistol Squat	-	-	-
15	15	15	Racked Sumo Squat	15	25	35
15	15	15	Box Jumps	-	-	-
			20 Calories on Bike			
			Circuit B:			
15	15	15	RDL	20	30	40
15	15	15	MYO Hamstring Curls	-	-	-
15	15	15	MYO Hip Bridge	-	-	-
12	12	12	ALT Jumping Lunges	-	-	-