



DATE: 8-26-24

Format: 6 x 4

Focus: Lower Body/Abs

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

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

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.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
	*** Do not put weights down or 5 burpee penalty ***			
8	ALT Back Lunges, racked	15	20	25
8	Racked Squats *	15	20	25
4	Surrenders *	15	20	25
10	Calories on Bike			
	*** Spicy Finisher ***			
25	Full Sit Ups	-	weighted	weighted
25	Wipers	20	30	40