



DATE: 9-2-24

Format: Spiral

Focus: Lower Body

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

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

<p>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.</p>								
Reps					Starting Weight			
Round 1	Round 2	Round 3	Round 4		L1	L2	L3	
10	7	5	3	Sumo Goblet Squat	20	30	40	
10	7	5	3	OTH Step Ups (KB or DB)	15	20	25	
10	7	5	3	Wallballs	12	16	20	
10	7	5	3	ALT Front Lunges	15	25	35	
10	7	5	3	Bulgarian RDL	15	25	35	
10	7	5	3	Box Jumps	-	-	-	
1.0	.7	.5	.3	Distance on Bike				
				Spicy Finisher				
			50	DBLU				
			30	ALT Jumping Lunges				