



DATE: 10-14-24

Format: 5 x 5

Focus: Lower Body

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

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

Exercise: 5 rounds, 5 minutes each round. Complete the 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
20	B2Ball Squats	-	-	-
10	ALT Front Lunge *	12	20	25
8	Sumo Squat, Center Hold *	20	30	40
15	MYO Hamstring Curls **	-	-	-
0.2	Distance on Bike, seated	-	-	-
	Spicy Finisher			
5 mins	Walking Lunges (Max reps)	-	-	-