



DATE: 10-26-24

Format: Spiral

Focus: Lower Body

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

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

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.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	Racked B2Ball Squats	15	25	35
10	7	5	3	KB Lateral Lunges	15	25	35
10	7	5	3	TTB			
10	7	5	3	OTH Back Lunges	10	15	25
10	7	5	3	SSLDL	15	25	35
10	7	5	3	Weighted Sit Ups	15	25	35
1.0	.7	.5	.3	Distance on Bike			
				Spicy Finisher			
		1 mile		Bike Distance, seated			
			20	Atomic Frogs			