



DATE: 9-24-24

Format: Spiral

Focus: Lower Body

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

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

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	ALT Front Lunge	15	25	35
10	7	5	3	ALT SB Step Up	Hvy	Hvy	hvy
10	7	5	3	TC SuSu, Weighted	15	20	25
10	7	5	3	MYO Hamstring Curls	-	-	-
10	7	5	3	B-Stance RDL	15	25	35
10	7	5	3	Racked Squats	15	25	35
1.0	.7	.5	.3	Distance on Bike			