



DATE: 11/18

Format: 18 > 6

Focus: Legs

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

Reps	Exercise:
:30	90/90
:30	Hip Flexor Raise (R)
:30	Hip Flexor Raise (L)
:30	Sprinters Stretch + Rotate (R)
:30	Sprinters stretch + rotate (L)
:30	Sprinter/hamstring flow (R)
:30	Sprinter/hamstring flow (L)

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	ALT OTH Back Lunge (ea)	10	15	20
18	12	6	Racked Step Ups (ea)	10	15	20
18	12	6	Split Squats (ea)	10	15	20
18	12	6	Wall Balls	12	16	20
18	12	6	Calories on Bike			
			Spicy Finisher, if time remaining			
50			DBLU			
50			B2B SQUATS			