



DATE: 11/21

Format: Blitz

Focus: Legs

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

Reps	Exercise:
:30	Alt Front Lunges
:30	Ostrich walks
:30	Sprinter's Lunge + Rotate (R)
:30	Sprinter's Lunge + Rotate (L)
:30	Elephant Walks
:30	Squat Drops
:30	High Knees

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
	20 Calories on Bike			
5	Racked Squat	20	30	40
7	ALT Front Lunges	15	25	35
7	Surrenders	15	25	35
	20 Calories on Bike			
10	RDL	20	30	40
15	MYO Hamstring Curls	-	-	-
8	KB Bulgarian Split Squat (ft on box)	15	25	35
	Spicy Finisher			
	As many miles as possible seated.			