



DATE: 11-5-24

Format: 6 x 4

Focus: Lower Body

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

	Exercise:
:30	Ankle Grabbers
:30	Ostrich Walks
:30	ALT 90/90
:30	ALT Front Lunges
:30	B2Ball Squats
:30	Heel Kicks
:30	High Knees

Exercise: 6 rounds, 4 minutes each round. Complete entire circuit **AND** the bike in under 4 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 4 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 4 mins.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
8	Split Squat	10	15	20
8	RDL	20	30	40
8	Racked Squat	20	30	40
8	Slamball Zercher Step Ups	20	30	40
8	Calories on Bike	-	-	-
	***Spicy Finisher***			
1.0	Distance on Bike			
50	Slamballs	20	20	20