



DATE: 12/16

Format: 6 x 4

Focus: Legs/abs

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

	Exercise:
:30	Sumo Squats
:30	Ankle Grabbers
:30	Sprinter's rotational Stretch (R)
:30	Sprinter's rotational Stretch (L)
:30	Ostrich Walks
:30	Hip 90/90
:30	Spider Climbers

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.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
7	Racked Squats (ea)	15	25	35
7	Bulgarian Lunges (ea)	15	25	35
7	Bottoms Up KB Lateral Lunge (ea)	15	25	35
7	Weighted Sit Ups	10	15	20
.3	on Bike			
	<b>**Spicy**</b>			
50	Wall Balls	12	16	20