



DATE: 12/24

Format: 18 > 6

Focus: Legs/Abs

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

Reps	Exercise:
:30	Sprinters Rotation Stretch (R)
:30	Sprinters Rotation Stretch (L)
:30	Elephant Walks
:30	Ankle Grabbers
:30	Ostrich Walks
:30	ALT 90/90
:30	Hip Bridge Marches

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	Racked Squats	15	25	35
18	12	6	Zercher Step Ups (ea) (Stone/Slamball)			
18	12	6	RDL			
18	12	6	MYO Hamstring Curls			
18	12	6	Sumo Squats			
18	12	6	Calories on Bike			
			***Spicy Finisher, if time remaining***			
		10	Hanging Knee Raises (rig)			
		10	V-Ups			
			**repeat**			