



DATE: 1/4

Format: 6 x 4

Focus: Legs/Abs

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

	Exercise:
:30	Ostrich Walks
:30	Standing Shoulder 90/90
:30	Hip Bridge Marches (ea)
:30	Body Rocks
:30	Cat/Cow
:30	Ankle Grabbers
:30	ALT 90/90

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.

	Can't put down weights. If you do, then 3 burpee penalty	Starting Weight		
Reps	Exercise:	L1	L2	L3
8	ALT Back Lunges *racked* (ea)	15	20	25
8	Racked Squats *	15	20	25
4	Surrenders * (ea)	15	20	25
10	Calories on Bike			
	Spicy Finisher			
25	Full Sit Ups			
25	Wipers	20	30	40