



DATE: 1/9

Format: Spiral

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	Full Sit Ups
:30	Ostrich Walks
:30	ALT 90/90
:30	Hip Bridge Marches

Exercise: 4 rounds. 25 Minute Time Cap. The 1st round is 10 minutes, the 2nd round is 7 minutes, the 3rd round is 5 minutes and the 4th round is 3 minutes. The rep number will match the minutes in the round.
Example: 1st round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	Racked Squat	<15	30	40
10	7	5	3	ALT Back Lunge (ea)	<15	30	40
10	7	5	3	Weighted Jack Knives	<10	15	20
10	7	5	3	Wipers (ea)	<15	30	40
10	7	5	3	RDL	<15	30	40
10	7	5	3	MYO Hamstring Curls	-	-	-
10	7	5	3	MYO Hip Bridge (single Leg) (ea)	-	-	-
1.0	.7	.5	.3	Distance on Bike			