



DATE: 2/27

Format: 5 x 5

Focus: LEGS

## 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: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 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 5 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
8	Split Squat	10	15	20
8	RDL	15	25	35
8	Racked Squat	15	25	35
8	Slamball Zercher Step Ups	20	20	STONE
8	Calories on Bike			
	<b>**Spicy Finsher**</b>			
30	DBLU			
8	Calories on Biike			
8	Box Jumps			

