



DATE: 3/4

Format: Double Trouble

Focus: LEGS/ABS

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

	Exercise:
0:30	ALT Front Lunges
0:30	ALT 90/90
0:30	Hip Flexor Raise (R)
0:30	Hip Flexor Raise (L)
0:30	Ostrich Walks
0:30	Ankle Grabbers
0:30	Air Squats

Exercise: 30 Min Time Cap. Do 3 rounds of the circuit, then 40 calories of the bike, then 3 rounds of the next circuit. Increase weight by 5lbs each round. Increase weight by 10lbs if all reps can be performed unbroken. **Final round should be MAX EFFORT on EVERY LIFT.** If there is additional time, after both rounds have been completed, get "Spicy".

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
			Circuit A:			
10	15	15	Racked Squat	15	25	35
10	12	12	ALT Front Lunge	15	20	25
15	15	15	KB Goblet Sumo Squat	15	25	35
			40 Calories on Bike			
			Circuit B:			
20	20	20	Bicycle crunches	-	-	-
20	20	20	Leg Lifts	-	-	-
20	20	20	Full Sit Ups	-	-	-
			Spicy Finisher, if time remaining			
			(50) JUMPING LUNGES			
			(1) MILE ON BIKE			