



DATE: 3/15

Format: 6 x 4

Focus: LEGS/ABS

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

	Exercise:
:30	ALT Back Lunges
:30	Alt 90/90
:30	Hip Bridge Marches
:30	Mt Climbers
:30	Hip Airplanes (R)
:30	Hip Airplanes (L)
:30	Ankle Grabbers

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.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
6	Racked Step Ups (ea)	10	15	20
6	Burpees	-	-	-
5	ALT Front Lunges (ea)	10	15	20
6	Bulgarian RDL on box (ea)	10	15	20
.2	Distance on Bike			
	<b>**Spicy Finisher**</b>			
8	Myo Roll Ins			
8	V-Uups			