



DATE: 3/20

Format: 18 > 6

Focus: LEGS/SHOULDERS

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

Reps	Exercise:
:30	Alt Front Lunges
:30	Ostrich walks
:30	Sprinter's Lunge + Rotate (R)
:30	Sprinter's Lunge + Rotate (L)
:30	Elephant Walks
:30	Squat Drops
:30	SHOULDER 90/90

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	ALT Zercher Step Ups w/ stone	LT	LT	HVY
18	12	6	Static Split Squats	10	15	20
18	12	6	KB Lateral Lunge	15	25	35
18	12	6	1:1 DB clean/Racked Squat	15	25	35
18	12	6	Pike Push Ups	-	-	-
18	12	6	CALORIES ON BIKE			
			Spicy Finisher, if time remaining			
		30	LATERAL RAISES	10	15	20