



DATE: 3/25

Format: 20 > 5

Focus: Legs/Abs

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

Reps	Exercise:
:30	Ankle Grabbers
:30	Burpees
:30	Standing Hip CARS (R)
:30	Standing Hip CARS (L)
:30	Squat Drops
:30	Ostrich Walks
:30	ALT Sprinters Lunge

Exercise: 4 rounds. 30 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps.

Reps				Exercise:	Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
20	15	10	5	Goblet Squat	20	30	40
20	15	10	5	Russian Swings	20	30	40
20	15	10	5	MYO Hip Bridge	-	-	-
20	15	10	5	Slam Ball Zercher Step Ups (ea)	20	SB	Stone
20	15	10	5	Calories on Bike			
				Spicy Finisher			
				30 butterfly sit ups			
				30 v-ups			