



DATE: 3/29

Format: 5 x 5

Focus: LEGS/ABS

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

	Exercise:
:30	Ankle Grabbers
:30	Burpees
:30	Standing Hip CARS (R)
:30	Standing Hip CARS (L)
:30	Full Sit Ups
:30	Ostrich Walks
:30	ALT Sprinters Lunge

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.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
20	B2Ball Squats	-	-	-
10	ALT Front Lunge	10	15	20
8	Sumo Squat (center hold)	20	30	40
15	MYO Roll Ins	-	-	-
	Seated Bike .2			
	**Spicy Finsher**			
	Max walking lunges in 5 mins			