

Week 3 Day 2 (Legs with butt focus) **CREATED BY COACH LAMBERT**

Group A: "Advanced"

Group B: "Intermediate"

WARM UP: Active/Dynamic Stretch

2 Circuits going on at the same time w/ 1 min-2 min intervals. (Times will be adjusted when needed)

Circuit 1

- (1) Bleacher Variations: Start w/ 10 box squats and 10 alternating step ups then continue to variations-sideways run, 2 feet in each, 1 foot in each (run), hops, 1 foot hops.
- (2) TRX-10 bottom to mid pulse squats, 10 top to mid pulse, 10-20 reg full squat OR squat jumps
- (3) BOSU-stability body squats, OR No BOSU body squats (SUMO is an option)
- (4) Single DB Dead Lift w/ lateral step
- (5) Med Ball Reverse Plyo Sumo Throws
- (6) Track: 75-90% intensity run. Keep track of distance covered during the interval.

Circuit 2

- (1) BOSU- Lateral Step Overs OR Lateral Single Leg Step Ups
- (2) Hip Circuit-15 each exercise: Fire Hydrants, Kickbacks, Hurdlers (front + back)
- (3) Ankle Bands- Use on 1 leg and have the other strap on a low surfaced pole: 15 reps each-Straight Leg raise, 90 degree kickbacks, lateral raise.
- (4) Bands: Lateral Walks-"5 there and 5 back"
- (5) Resisted Band Mountain Climbers
- (6) Track-side shuffle 1/8 mile "there and back" then repeat if there is time left.

To be completed:

- 100 hip pop ups (25 close, 25 wide, 25 reg, 25 angled)
- 100 crossing jacks
- 100 good mornings



Core Circle Up

Superman (supine and reg)

Flutter

Crossing sideways

Bicycles

Overhead plyo crunch

Partner Leg lifts (Throw Partners Feet) Beginners do alone

Single Leg Spiderman's 20 each side

Snow Angles 20 total (on Back arms and legs go out and in)

V-ups

Last Obstacle

2 min burpees