

DAY FOUR: MOVE TO OPEN

WARMUP

SMR: Feet, Calves, IT Band, Glutes, Hips, Sides

- 10 Bridge Lifts & 10 Spinal Curls
- 10 Lizard Lunges
- 10e Banded Monster Walk (Forwards and Back)
- 10e Banded Lateral Walk (Left and Right)

STRENGTH

6 Rounds

- 8 Back Squat, adding weight each round
- 5e KB Thrusters

2:00 Rest / SMR

CIRCUIT

5 Rounds

- 8e Hanging Knee Raises (Weight Optional)
- 10e KB Lateral Lunge
- 12 Banded Hip Lifts
- 14 KB Swing

2:00 Rest / SMR

ENDURANCE

Long Run

- 20 minute run at 70% effort

OBJECTIVE

Strengthen the Lateral Lines, including the hips, glutes, and obliques.

Throughout this workout, focus on leaning back into the heels to sink the hips down. Keep the chest upright and the core engaged to ensure proper alignment. Squeeze the glutes and press the hips forwards as you stand.



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