

DAY ONE: MOVE WITH LENGTH

WARMUP

SMR: Feet, Calves, Hamstrings, Back

- 10e Leg Swings, forwards and backwards
- 10e Leg Swings, side to side
- 10 Shoulder Flossing (PVC pipe, band, or at the wall)
- 10 Good Mornings

STRENGTH

6 Rounds

- 6e Single-Leg Deadlift, light weight
- 8 Unbroken Deadlifts, adding weight each round
- 6 Burpees over Bar
- :30 Rest

2:00 Rest / SMR

CIRCUIT

5 Rounds

- 16 Front Rack KB Step-Ups
- 14 Leg Curl (Stability Ball or Slides)
- 12 Inverted Row
- 10 KB Back Extension with Hold
- 8e Alternating Single-Leg Sit-Up, lift KB overhead

2:00 Rest / SMR

ENDURANCE

1 Mile Unbroken Hill Run

- Max effort on hills, followed by 60% effort
- If no hills: 30 sec max effort, 1:30 at 60% effort

OBJECTIVE

Strengthen the Superficial Back Line, including the feet, calves, hamstrings, and back.

Throughout this workout, focus on driving through the feet to extend the legs. Keep the core engaged, bracing the navel in and up as well as squeezing the muscles in the back, particularly the latissimus dorsi.



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