

DAY TWO: MOVE FOR SPACE

WARMUP

SMR: Feet, Shins, Quads

400 m Dynamic Warm-Up

Include Leg Swings, Arm Swings, High Knees, Butt Kicks, and Walking Lunges

OBJECTIVE

Strengthen the Superficial Front Line, including the shins, quadriceps, and abdominal muscles.

Throughout this workout, focus on keeping the knees directly over the ankles. Stabilize the body by bracing the core, squeezing the inner thighs, and pressing into the big toes.

STRENGTH

5 Rounds

8e KB Split Squat

12 Body Saw on Stability Ball / Foam Roller

:30 Rest

2:00 Rest / SMR

CIRCUIT

5 Rounds

10e KB Walking Lunge

10e KB Single Arm Snatch

10e KB Single Leg Hip Thrust

10 Sit-up and Replace

2:00 Rest / SMR

ENDURANCE

Sprint Repeats

6 x 200m sprint, 30 second rest

Or 1:30 sprint, 30 second rest



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