

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

10e Reverse Lunge + Knee to Chest

15 Body Saw on Towel

:30 Rest

2:00 Rest / SMR

CIRCUIT

5 Rounds

20 Jumping Lunges

10e Squat + Knee to Chest

10e Alternating Single Leg Hip Thrust

15 V-Ups

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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