

Hill Sprint/Leg Combo			
Complete 3 rounds of the following in superset format – recover 30 seconds after each superset:			
EXERCISE	REPS/TIME	WEIGHT/INCLINE	NOTES
Hill Sprint @ 6.5 mph	60 seconds	15%	
ATG Barbell Squats	12	Moderate	ATG=A\$\$ to Grass ☺
Complete 3 rounds of the following in superset format – recover 30 seconds after each superset:			
EXERCISE	REPS/TIME	WEIGHT/INCLINE	NOTES
Hill Sprint @ 7.0 mph	45 seconds	15%	
Barbell Stiff-legged Deadlift	15	Moderate	
Complete 3 rounds of the following in superset format – recover 30 seconds after each superset:			
EXERCISE	REPS	WEIGHT	NOTES
Hill sprint @ 7.5mph	30 secs	15%	
Front Loaded Barbell Reverse Lunge	8 each leg (alternating)	Moderate	
Complete 3 rounds of the following in superset format – recover 30 seconds after each superset			
Hill sprint @ 8.0mph	20 secs	15%	
Unilateral KB Step-ups	10 each leg	Moderate to Heavy	Hold heavier kettlebell or dumbbell in right hand, step up right; then switch hands for reps on left leg
<b>Leg/Core Finisher: 3 rounds of the following circuit – rest 10 secs after each circuit:</b> 10/10/10 light to moderate leg press – 10 full reps, 10 top half reps, 10 bottom half pulses 10 x moderate kettlebell goblet squats 15 x decline bench leg raises			