



FUNCTIONAL FITNESS, NUTRITION & WELLNESS

- Perform Mobility and warmup before the workout
- First perform 4-5 Rounds of a 45/15 five exercise circuit. Do a work interval of 45 seconds proceeded by a 15 seconds rest and transition to the next exercise.
- Second, we're gonna **Ham it out** with a lower body hamstring focused 3 exercise circuit.
- After both blocks are completed go through compensation stretches and foam rolling if you have one.

- Shoulder Rolls
- Gun Slings
- Clasped Hand Forward Fold
- Squat to stand + Arm Extension
- Hip Circles
- Knee Circles
- Prisoner Lunge & Twist
- Hip Swivels

1. Alt One-Arm / Two-Arm Squat Thrusts
2. Stab-Ball Stir the Pot / Plank Stir The Floor
3. Bent Over DB / Soup Can Fly's
4. Cobra Y to T's
5. Weighted or Body weight Squat



Lower Body Finisher

– Ham' It Out (3x's)

1. Bodyweight 1-Leg RDL: **15/15**
2. Prisoner Good-Morning (Hip Hinge): **15**
3. X-Body Mountain Climber: **8/8**

COMPENSATION

(Hold for 30-60 secs focusing on breath)

Calf Stretch

Pigeon

Scorpion / Chest Stretch

Forearm Frog

Floor Bow / Quad Stretch

Spinal Twist Stretch

Neck Stretch