

Leg Strength Workout

from Kim Galbreath



EXERCISE	REPS/ DURATION
WARM UP Two rounds	
Run	250 m
Inchworm Push Up	5 reps
Beast Hold	45 seconds
FLOW Five rounds. Rest as needed between rounds	
Single DB or KB	60 seconds, 30 seconds rest
Squat Clean	60 seconds, 30 seconds rest
Feet Elevated Push Up	1/2 of count from regular
Alternating Reverse Lunge with Clean	60 seconds, 30 seconds rest
ATAC 20 minutes	
Squats	30 reps
Alternate Snatch	30 reps
Lateral Beast Steps	40 reps