

will smith

Do set 1 of each exercise in A before resting and starting the second round of A. After 3 rounds move to B in the same format, then C.

foam roll, stretch, + hip/core warm up encouraged

Circuit	Exercise	Sets/Reps	Notes
A	Bulgarians	3 x 8 each side	Hinge forward, 90% of weight on front foot arch/heel
	Single Leg Feet Elevated Glute Bridge	3 x 10	Add weight if desired
	Loaded 1/2 hip flexor stretch with rotation	3 x 5 each	Keep front knee still as you rotate across. initiate rotation by pressing through rear glute
<i>Minimal rest, 3 rounds</i>			
B	SLDL	3 x 8	2 DBs, broad chest, soft knee on standing leg
	Spicy Clamshell	3 x 10	Hips up as high as you can
	Staggered Hip Airplane	3 x 4 each	Keep front knee still, rotation comes by pressing through front leg. Rotate pelvis as much as you can in both directions
<i>Minimal rest, 3 rounds</i>			
C	Bowler Squats (bodyweight)	3 x 15	Keep broad chest as you reach across
	Bodyweight Jumps	3 x 10	
	Loaded Carioca	3 x 8 steps per side	core tight, chest broad