



H2F Grab n Go Day- MS Focus- Lower body

Attribute	Exercise	Sets	Reps	RIR	Load
	Dynamic Warmup				
MS	A.1 BB RDL	4	10		
MS	B.1 BB Zercher squat	4	10		
MS	C.1 KB/ BB Glute bridge	3	10		
EP	C.2 Step up opposite arm drive	3	6 e		
ME	D.1 Weighted Wall sits 3 way (above 90- 90- below 90)	3	15-15-15		
MS	E.1 Mini banded lateral crab walk	3	10		
MS	F.1 Bosu ball squats	3	12		
MS	G.1 BB Calf raises	3	10		
MS	G.2 Banded dorsiflexion	3	8		
MS	H.1 Banded inversion	3	10e		
MS	H.2 Banded eversion	3	10e		
AC	I.1 Cooldown run		10-15 min		