

Circle circuit 2

#	Exercise	Reps/Load	Link	Comment
1	Sprinter lunge left leg	45 seconds	https://youtube.com/shorts/NrczRdXJza8?feature=share	Quick and explosive
2	Sprinter lunge right leg	45 seconds	https://youtube.com/shorts/NrczRdXJza8?feature=share	Quick and explosive
3	DB glute bridge	45 seconds	https://youtube.com/shorts/xZaIyH-KD-A?feature=share	
4	Copenhagens left side	45 seconds	https://youtube.com/shorts/qVZjdDEZf6c?feature=share	If you can't hinge, then hold
5	Copenhagens right side	45 seconds	https://youtube.com/shorts/qVZjdDEZf6c?feature=share	If you can't hinge, then hold
6	Plate snatch landing in lunge left leg	45 seconds	https://www.youtube.com/watch?v=KJWsuXKMiWA&list=PLRLKvFoVCAMRXrk15eJ_OpKPMv3lFkvx3&index=26	Make sure to keep stability at top
7	Plate snatch landing in lunge right leg	45 seconds	https://www.youtube.com/watch?v=KJWsuXKMiWA&list=PLRLKvFoVCAMRXrk15eJ_OpKPMv3lFkvx3&index=26	Make sure to keep stability at top
8	SL squat left leg	45 seconds	https://www.youtube.com/watch?v=ZoQdyl9luT0&list=PLRLKvFoVCAMRXrk15eJ_OpKPMv3lFkvx3&index=27	
9	SL squat right leg	45 seconds	https://www.youtube.com/watch?v=ZoQdyl9luT0&list=PLRLKvFoVCAMRXrk15eJ_OpKPMv3lFkvx3&index=27	

3 circles per training. Working duration is 45 seconds, then 45 seconds rest between exercises.
3 minutes rest between circles.