

# OFFICIAL MAUD 2.23

MOVEMENT	TIME	FOCUS
KB GOBLET WALL SIT	60	HOLD THE KB IN THE GOBLET POSITION FOR 60S
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
DB FRONT SQUAT + DB POWER SQUAT JUMPS	120S	PERFORM 5 FRONT SQUATS FOLLOWED BY 5 POWER SQUAT JUMPS
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
KB LATERAL WALKING SWINGS	60S	PERFORM 5 SWINGS PER SIDE FOR 60S
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
DB WALKING LUNGE W/ DB SHOULDER PRESS	120	DB PRESS AT THE BOTTOM OF THE MOVEMENT
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
KB FLOOR HOLD	60S	DROP YOUR HIPS AND PUSH YOUR WEIGHT BACKWARD
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
DB SPLIT SQUATS (R/L)	120S	PERFORM 5 DB SPLIT SQUATS ALTERNATING LEGS FOR 2 MINUTES
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
KB WIDE SUMO DEADLIFTS	60S	FOCUS ON FULL RANGE OF MOTION
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
DB CLEAN & PRESS + DB RENEGADE ROWS	120S	PERFORM 6 REPS EACH ALTERNATING EXERCISES FOR 2 MINUTES
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
SL POWER SPEED SKATERS	60S	FOCUS ON LATERAL POWER FROM LEG TO LEG
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
DL JUMP ROPE	120S	FOCUS ON A FAST CADENCE
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
PLANK W/ KB TOUCH	60S	ALTERNATE HANDS IN TOUCHING THE KB FOR 60S
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>
HR PUSHUPS + BW BOUNDS	120S	PERFORM 5 PUSHUPS FOLLOWED BY 5 BOUNDS FOR 2 MINUTES
<b>20S SPRINT</b>	<b>20s</b>	<b>FEEL THE NEED FOR SPEED!</b>

**BW**= Bodyweight **DB**= Dumbbell **DL**= Double Leg **FR**= Foam Roller **HR**= Hand Release **KB**= Kettlebell **ROM**=Range of Motion **SB**= Strength Band **SL**= Single Leg **SS**= Super Set (one exercise immediate followed by another) **WP**= Weight Plate

**How to Do it:**

Sprint 20s and place a set of DB's at the finish line. This is your total work area. Maud 2.23 is designed for you to sprint from station to station and perform 60s or 120s of strength or power training each station. Total time of the workout is 22:30.

**Alternatives for Sprints for 20s**

4" Step Box Hops

4" Step Box Quick Feet

4" Step Box Lateral Up-Downs

Cardio Rope Quick Feet

Cardio Rope Lateral Hops

Cardio Rope Ali Shuffle

BW Mountain Climbers

BW High Knees

Your sprints should be at full speed each rep. Warm up with several  $\frac{1}{2}$  and  $\frac{3}{4}$  speed sprints before beginning the workout. Set up your timer as follows.

Interval One: 60s

Interval Two: 20S

Interval Three: 120s

Interval Four: 20s

6 Rounds