

	The Machine 1.0		Simple Lactate Circuits...but as Thelonious Monk said, "Simple Ain't Easy."
	To start the circuit, run 200m at pace, then...		Blue Monk
1	20m lateral shuffle (this is killer after running)		Standing Running Arms x 60 sec
2	3 rockies		Mt. Climbers, Singles In x 40
3	60 sec prone pedestal hand stand (your arms may be tierd)		Back Hyper, Flutter Kick with Arms x 60 sec (from Core H)
4	40 Russian Hamstring (20 each side)		Mt. Climbers, Singles Out x 40
	jog to the next 200		Flutter Kick V-Sit x 60 sec (from Core H)
	40 body squats at 135° knee angle; set feet hip width, then go hard...		
5	should take about 25 sec		Rockies x 6
			Overhead, 1/2 Squat with MB x 45 (take the time to set your feet)
6	30 sec seated running arms		MB Knee to Elbow Plank x 30 sec on side (from Core F)
7	20 Mtn. climber, singles out		
	60 sec supine pedestal elbow or hand stand (do the one that is		
8	easier)		6 MB HT (give your self a starter toss)
	jog to the next 200		MB Knee to Elbow Plank x 30 sec on other side (from Core F)
	8 MB HT with 3k MB (just squat and throw it as high as you can...		
9	don't get butt too low...135° knee angle is fine) This is hard!		6 MB HT (give your self a starter toss)
10	2x30 sec knee to elbow on MB (from Core F - Vol.2)		Standing Running Arms x 60 sec
11	10 Haybales		
12	2x30 sec Lateral Plank - 30 sec on each side		
	jog to the next 200		
	8 MB HT with 3k MB (just squat and throw it as high as you can...		
13	don't get butt too low...135° knee angle is fine) This is hard!		
14	30 sec standing running arms		The 1st 20
15	20 Haybales...don't twist too much, but get into a good rythym		1 12 x MB HT with 3k
16	10 Squat Thrust (aka Burpies) from Conan (Vol.2)		2 50 x Russian Hamstring (25 on each side)
	jog to the next 200....the previous circuit was the hardest of the 4		3 30 x Haybales
			4 60 sec seated V-sit with Running arms
			5 40 body squats with 3k MB overhead
	The Machine 1.1		6 12 x MB HT with 3k
	To start the circuit, run 700m at AT pace, jog 30m then...		7 30 x Haybales
1	20m lateral shuffle (this is killer after running)		8 60 sec Prone Pedestal
2	3 rockies		9 60 sec Lateral Pedestal
3	60 sec prone pedestal hand stand (your arms may be tierd)		10 60 sec Supine Pedestal
4	40 Russian Hamstring (20 each side)		11 60 sec lateral Pedestal
	jog 70m, then run the next 700m		12 45 sec Iron Cross
	40 body squats at 135° knee angle; set feet hip width, then go hard...		
5	should take about 25 sec		13 45 sec Scorpion
6	30 sec seated running arms		14 30 sec Australian crawl
7	20 Mtn. climber, singles out		15 30 sec lower body crawl
	60 sec supine pedestal elbow or hand stand (do the one that is		
8	easier)		16 30 x 180° to 90° MB toe touch
	jog 70m, then run the next 700m		17 40 x Donkey Kicks (20 on each side)
	8 MB HT with 3k MB (just squat and throw it as high as you can...		48 x Lateral Leg Raise (24 on each side; 8 x toe out, neutral, toe
9	don't get butt too low...135° knee angle is fine) This is hard!		18 in)
10	2x30 sec knee to elbow on MB (from Core F - Vol.2)		19 45 sec Iron Cross
11	10 Haybales		20 45 sec Scorpion
12	2x30 sec Lateral Plank - 30 sec on each side		21 30 sec Australian crawl
	jog 70m, then run the next 700m		22 30 sec lower body crawl
	8 MB HT with 3k MB (just squat and throw it as high as you can...		
13	don't get butt too low...135° knee angle is fine) This is hard!		
14	30 sec standing running arms		
15	20 Haybales...don't twist too much, but get into a good rythym		
16	10 Squat Thrust (aka Burpies) from Conan (Vol.2)		
	jog 70m, then run the next 700m		