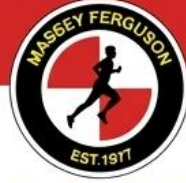


Standing Racefit Workout

- **Work interval:** 45 seconds work, 15 seconds rest (or 50 seconds work, 10 seconds rest).
- **Format:** 9 exercises per round = 9 minutes per circuit.
- **Sets:** Perform 3 full rounds, 1 minute rest between each circuit.

Exercise	Focus Area	Form Cue
1. Reverse Lunge with High Knee	Glutes, quads, hip flexors	Step back into a lunge, drive through the front heel to stand, bringing the back knee up to hip height.
2. Single-Leg Romanian Deadlift (RDL)	Hamstrings, balance	Hinge at the hips with a flat back, extending one leg behind you. Alternate legs or switch halfway.
3. Lateral Skater Hops	Abductors, lateral stability	Bound side-to-side, landing softly on one leg with a slight knee bend.
4. Standing Knee-to-Elbow Marches	Core, hip flexors	Drive your knee up to the opposite elbow while keeping your torso upright and core engaged.
5. Curtsy Lunge to Lateral Leg Lift	Glute medius, hip stability	Step back diagonally into a curtsy lunge, then push up and sweep that same back leg out to the side for a lateral lift before switching.
6. Squat to Calf Raise	Quads, glutes, lower leg	Lower into a full squat, explode up onto the balls of your feet at the top, pausing briefly on your toes before sinking into the next squat.
7. Standing Hip Openers ("Open the Gate")	Hip mobility, groin, core stability	Lift one knee up to hip height in front of you, rotate it out to the side in a smooth circular arc, and place the foot back down. Alternate legs smoothly.
8. A-Skip Drills	Running turnover, ankle stiffness	Perform rhythm-based skipping on the spot, driving your knees upward and popping off the balls of your feet to train ground contact time.
9. Standing Torso Rotations	Obliques, spinal mobility	Stand tall with soft knees, hold hands out in front and rotate side-to-side using your core.



STANDING RACEFIT WORKOUT

45s Work / 15s Rest

3 Rounds = 27 Mins

① Reverse Lunge to High Knee



Step back,
drive front
heel,
high knee

② Single-Leg RDL



Flat back,
hinge at hips,
balance

③ Skater Hops



Soft landing,
side-to-side
bound

④ Knee-to-Elbow Marches



Upright
torso,
opposite
limb

⑤ Curtsy Lunge



Step
diagonally,
switch legs

⑥ Squat to Calf Raise



Full squat,
explode up,
hold toes

⑦ Hip Openers



Circular arc,
alternate legs

⑧ Speed A-Skips



Pop off balls,
fast turnover

⑨ Torso Rotations



Hold chest,
rotate from
core

