

LBC and Lunge Matrix

[Wide Outs \(x10\)](#)

[Mountain Climbers](#) (10 singles in + 10 singles out w/ no runout)

[Wave Lunge \(x10\)](#)

The rest is simply the [Lunge Matrix](#). 5 reps of each on each leg

Forward Lunge

Forward Lunge w/ Twist

Sideways Lunge

Diagonal Lunge

Backwards Lunge

For the LBC+, add the following

Mountain Climbers w/ Doubles (10 In and 10 Out)

Speed Skaters x10

For the LBC Ultra, also intermix 3 sets of 5 burpees (no jumping)