



DATE: 2/6

Warm - Up Protocol : 5 Min TIC	
	Exercise:
:30	Burpee
:30	ALT Back Lunge
:30	Butterfly Sit Ups
:30	Shoulder Taps
:30	1.5 Squats

Focus: Upper Body/Lower Body Split

Round 1	Round 2	Round 3	Exercise: 25 Min Time Cap. Do 3 rounds of the upper body split before moving on to the lower body split. Increase weight by 5lbs each round. Increase weight by 10lbs if all reps can be performed unbroken. If there is additional time, after both rounds have been completed, do a swing snatch drop set of 6 reps, using weights from round 3, then round 2, then round 1.	L1	L2	L3
			Upper Body Split			
10	8	6	Swing Snatch	<20	25-30	35+
10	8	6	KB Gorilla Row	<20	25-30	35+
Failure	Failure	Failure	Push Ups	-	-	-
			20 Calories on Bike			
			Lower Body Split			
10	8	6	ALT OTH Front Lunge	<15	20-25	30+
10	8	6	Racked Step Ups	<15	20-25	30+
10	8	6	KB Bulgarian Split Squat	<15	20-30	35+

Mobility Protocol: 8 mins. Repeat if time allows.	
Reps	
15ea	Seated Hip Flexor Raises
20ea	Ostrich Walks
20	Cat/Cow
10ea	Rocking Pigeon
15ea	90/90