



DATE: 2/8

Warm - Up Protocol: 5 min TIC.	
Reps	Exercise:
:30	Info Jacks
:30	Ankle Grabbers
:30	Blast Off Push Ups
:30	ALT Jumping Lunges
:30	High Plank Toe Taps

Focus: TOTAL BODY

Reps	Exercise: 5x5. 5 rounds of 5 minutes. Any additional time left over in the round is to be used as rest. IF THERE ARE MORE THAN 1:30 OF REST, INCREASE THE SINGLE * EXERCISES WEIGHT BY 5LBS AND THE DOUBLE ** EXERCISES BY 10LBS. IF THE CIRCUIT IS NOT COMPLETED IN 5:00, THE PARTICIPANTS DON'T FINISH THE CIRCUIT, START THE NEXT ROUND AT THE TOP OF THE CIRCUIT, AND DECREASE THE REPS OF SINGLE * EXERCISES BY 1, AND THE DOUBLE ** BY 2.	L1	L2	L3
8	RACKED SQUATS *	<25	30-40	45+
10	INCLINE CHEST PRESS ON TC **	<25	30-40	45+
12	MYO DIPS	-	-	-
8	DEVIL'S PRESS *	<20	25-30	35+
.4	DISTANCE ON BIKE (STANDING)	<GEAR 18	GEAR 19-20	GEAR 21+

Mobility Protocol: LOWER BODY 7 mins: :45/:15 seconds each	
Reps	
:45	Seated Hip Flexor Raises (R)
:45	Seated Hip Flexor Raises (L)
:45	Ostrich Walks
:45	Cat/Cow
:45	Rocking Pigeon (R)
:45	Rocking Pigeon (L)
:45	90/90