



DATE: 2-20-24

Warm - Up Protocol

	Exercise:
:30	Push Ups
:30	High Knees
:30	B2B Squat
:30	Burpee
:30	Butt Kicks

Focus: Total Body

Reps	Exercise: 5 rounds, 5 minutes each round. Complete entire circuit AND the bike in under 5 minutes. Any additional time left over is to be used as rest. If the round cannot be completed in under 5 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2. Repeat this until the round can be completed in under 5 mins. Stagger start if necessary.	L1	L2	L3
10	Squat Press **			
15	Power Crunch **			
10	Parallel Rows **			
7	MYO Dips *			
7	Single KB Racked Step Up *			
.2	Distance on Bike			

Mobility Protocol: 8 mins. Repeat if time allows.

Reps	
15ea	Swimmers
10ea	Hand on Head Twist
15	Thumbs Up Raises
15	Cat/Cow
10ea	Kneeling Side Reach