



DATE: 2-22-24

Warm - Up Protocol

	Exercise:
:30	Inch worms
:30	DBLU
:30	Alt Front Lunge
:30	Push Up + T Rotation
:30	Butterfly Sit Ups

Focus: Upper Body/Lower Body Split

Round 1	Round 2	Round 3	Exercise: 25 Min Time Cap. Do 3 rounds of the circuit, then 20 calories of the bike, then 3 rounds of the next circuit. Increase weight by 5lbs each round. Increase weight by 10lbs if all reps can be performed unbroken. Final round should be MAX EFFORT on EVERY LIFT. If there is additional time, after both rounds have been completed, repeat round 3.	L1	L2	L3
			Circuit A:			
8	8	5	Snatch			
15	15	10	Deadlift			
10	10	10	TTB			
			20 Calories on Bike			
			Circuit B:			
8	8	5	DBL KB Racked Squat			
8	8	5	DBL KB ALT Front Lunge			
8	8	5	Russian Swing			

Mobility Protocol: 8 mins. Repeat if time allows.
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Reps	
12ea	Swimmers
12ea	Hand on Head Twist
15	Thumbs Up Raises
15	Cat/Cow
10ea	Kneeling Side Reach