



DATE: 2-27-24

Warm - Up Protocol: 5 min TIC

Reps	Exercise:
:30	Shoulder Taps
:30	Blast Off Push Ups
:30	ALT Supermans
:30	Burpees
:30	Jumping Jacks

Focus: Upper Body

Reps	Exercise: 25 MIN TIME CAP. Complete as many rounds as possible within 25 mins. Increase weight if reps are completed unbroken. Stagger start if necessary.
8	Incline Chest Press on TC
12	Chest Fly
10	Pull Ups
8ea	Single Arm Row (DB or KB)
3ea	Push Press (3 rep max)
.3	Distance on Bike, Seated

Mobility Protocol: 8 min TIC. Complete 2x
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:50	Scapula Push Ups
:50	Body Rocks
:50	Kneeling Spine Wave
:50	Lounge Chair/Bridge