



DATE: 4-2-24

Format: 20 > 5

Warm - Up Protocol

Reps	Exercise:
:30	Burpees
:30	Info Jacks
:30	V-Ups
:30	ALT Supermans
:30	Mtn. Climbers

Focus: Total Upper Body

Round 1	Round 2	Round 3	Round 4	Exercise: 4 rounds. 25 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 20 calories.
20	15	10	5	Chin Ups
20	15	10	5	1.5 Curls
20	15	10	5	MYO Dips
20	15	10	5	Pike Push Up (ft on box)
20	15	10	5	TTB
20	15	10	5	Calories on Bike

Mobility Protocol (8 mins)	
Reps	
:50	90/90
:50	Hip Flexor Raise (R)
:50	Hip Flexor Raise (L)
:50	Sprinters Stretch + Rotate (R)
:50	Sprinters Stretch + Rotate (L)
:50	Ankle Grabbers
:50	Sprinter/Hamstring Flow (R)
:50	Sprinter/Hamstring Flow (L)