



DATE: 3-19-24

Format: 5 x 5

Warm - Up Protocol

	Exercise:
:30	Hand Release Push Ups
:30	Straight Arm Sit Ups
:30	Mtn. Climbers
:30	ALT Supermans
:30	Yo-Yos

Focus: Upper 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.
10	Swing Snatch
10	MYO Parallel Row
10	Weighted Yo-Yo
5	Turkish Get Up
0.3	Distance on Bike

Mobility Protocol: 8 mins. Repeat if time allows.

Reps	
:50	Kneeling Spine Wave
:50	Thumbs Up Raises
:50	Scapular Push Ups
:50	Shoulder 90/90