



DATE: 3-5-24

Warm - Up Protocol

	Exercise:
:30	Squat Drops
:30	Blast Off Push Ups
:30	Full Sit Ups
:30	Supermans
:30	Burpees

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.
10	Squat Press
20	Hammer Curls
8	Single Arm Squat/High Row
15	American KB Swings
0.2	Distance on Bike

Mobility Protocol: 8 mins. :50/:10 (2x)

Reps	
:50	Rocking Pigeon (R)
:50	Rocking Pigeon (L)
:50	90/90
:50	ALT Kneeling 90/90