



DATE: 3-7-24

Warm - Up Protocol

Reps	Exercise:
:30	B2B Squats
:30	Superman/Lat Pull
:30	Shoulder Taps
:30	Cobra/DownDog
:30	Spider Climbers

Focus: Total 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	DB Clean/DB Shoulder Press
20	15	10	5	Skull Crushers
20	15	10	5	DB Single Arm Row
20	15	10	5	Sumo Goblet Squat
20	15	10	5	Butterfly Sit Ups
20	15	10	5	Calories on Bike

Mobility Protocol 8 mins. 2x

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