



DATE: 4-11-24

Format: T.O.M (Top of the Minute)

## Warm - Up Protocol

Reps	Exercise:
:30	Shoulder Taps
:30	ALT Single Arm V-Ups
:30	Blast Off Push Ups
:30	ALT Front Lunges
:30	Crab Toe Touches

Focus:

Reps	Exercise: 25 minutes. T.O.M. stands for "Top of the Minute." Members will have 1 minute to complete the number of reps for each exercise. Whatever time is remaining will be utilized as rest. At the top of the next minute, you will start the next exercise. If the reps or bike protocol aren't finished within the 1-minute time block, then stop that exercise and move on to the next exercise. Decrease weight if the reps can't be completed. Increase weight if it is completed too fast.
8	ALT Snatch
10	Squat Press
15	Bicep Curls
12	Box Jumps, holding DBs
0.2	Distance on Bike

## Mobility Protocol (8 mins)

:50	Ostrich Walks
:50	Hip Bridge Walks
:50	Standing Hip Cars (R)
:50	Standing Hip Cars (L)
:50	Hip Airplanes (R)
:50	Hip Airplanes (L)
:50	90/90
:50	Ankle Grabbers