



DATE: 4-16-24

Format: Spiral

Warm - Up Protocol

Reps	Exercise:
:30	Burpees
:30	Bicycle Crunches
:30	ALT Back Lunges
:30	In & Outs
:30	High Knees

Focus: Total Body

Round 1	Round 2	Round 3	Round 4	Exercise: 4 rounds. 25 Minute Time Cap. The 1 st round is 10 minutes, the 2 nd round is 7 minutes, the 3 rd round is 5 minutes and the 4 th round is 3 minutes. The rep number will match the minutes in the round. Example: 1 st round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.
10	7	5	3	Single Arm Squat/High Row
10	7	5	3	V-Ups
10	7	5	3	Crush Press
10	7	5	3	KB Statue of Liberty
10	7	5	3	DAB Farmers Walk w 1 Deadlift at B.E.
10	7	5	3	Weighted Sit Ups
1.0	.7	.5	.3	Distance on Bike

Mobility Protocol (8 mins)

Reps	
:50	Swimmers
:50	Cat/Cow
:50	Lounge Chair/Bridge
:50	Shoulder 90/90
:50	Kneeling Spine Wave
:50	Thumbs Up Raises
:50	Scapula Push Ups
:50	Kneeling Side Reach