



DATE: 4-20-24

Format: 18 > 6

## Warm - Up Protocol

Reps	Exercise:
:30	Blast Off Push Ups
:30	Crab Toe Touches
:30	Yo-Yos
:30	ALT Single Arm/Leg V-Up
:30	Butt Kicks

Focus: Arms/Abs

Round 1	Round 2	Round 3	Exercise: 3 rounds. 25 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories.
18	12	6	Hammer Curls
18	12	6	Skull Crushers
18	12	6	HWH Curls
18	12	6	Close Grip Press
18	12	6	Russian Twists, weighted
18	12	6	Calories 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