



DATE: 4-25-24

Format: Blitz

Warm - Up Protocol

Reps	Exercise:
:30	Tricep Push Ups
:30	Shoulder Taps
:30	Info Jacks
:30	High Plank Toe Touches
:30	Jumping Jacks

Focus: Arms/Abs

Reps	Exercise: 25-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.
	** Complete each Circuit TWICE before going to the Bike **
12	MYO Skull Crushers (short MYO)
8	MYO Dips
5	Calories on the Bike
10	Spider Curls
10	1:1 Hammer Curl/Bicep Curl
5	Calories on the Bike
10	Wipers
10	Straight Arm Sit Ups
5	Calories on the Bike

Mobility Protocol: 8 mins. 2x.

:50	Scapula Push Ups
:50	Shoulder 90/90
:50	Thumbs Up Raises
:50	Cat/Cow
	(repeat)