



DATE: 4-27-24

Format: 5 x 5

## Warm - Up Protocol

|     | Exercise:         |
|-----|-------------------|
| :30 | Spider Climbers   |
| :30 | 1,2,3 Lunges      |
| :30 | Cobra Push Ups    |
| :30 | Butterfly Sit Ups |
| :30 | ALT Supermans     |

Focus: Total Body

| Reps | Exercise: 5 rounds, 5 minutes each round. Complete entire circuit <b>AND</b> the bike in under 5 minutes. Any additional time left over is to be used as rest. <b>If the round cannot be completed in under 5 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2.</b> Repeat this until the round can be completed in under 5 mins. |
|------|---|
|      |   |
| 8    | Swing Snatch *  |
| 10   | Bent Over Row **  |
| 7    | Pull Ups *  |
| 15   | KB Russian Swings **  |
| 7    | Chin Ups *  |
|      |   |
| 8    | Calories on Bike  |
|      |   |

## Mobility Protocol: 8 mins. 2x.

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