



DATE: 4-30-24

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

Warm – Up/Mobility Protocol 7mins, 2x.

Reps	Exercise:
:30	Air Squats
:30	Ostrich Walks
:30	Inch Worms
:30	Full Sit Ups
:30	High Knees
:30	Standing Shoulder 90/90
:30	Swimmers

Focus: Total Body

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.
15	Wallballs
5	KB Snatch
7	Push Press
10	MYO Roll Ins (on BOSU)
10	Calories on Bike