



DATE: 4-9-24

Format: Blitz

Warm - Up Protocol

Reps	Exercise:
:30	Push Ups
:30	Straight Leg Sit Ups
:30	Supermans
:30	Burpees
:30	Squat Drops

Focus: Chest/Back

Reps	Exercise: 25 minute time cap. Superset: Complete each superset 3x before moving on. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.	
10:10	Chest Press on BOSU	Pull Ups
12:8	Incline Chest Fly	Single Arm Chest Row
20	Calories on Bike	
5:10	5 DBL KB Deadlift/Shrug	MYO Push Up (facing rig)
10:8	Pronated Row	ISO Incline Chest Press

Mobility Protocol (8 mins)

:50	Ostrich Walks
:50	Hip Bridge Walks
:50	Standing Hip Cars (R)
:50	Standing Hip Cars (L)
:50	Hip Airplanes (R)
:50	Hip Airplanes (L)
:50	90/90
:50	Ankle Grabbers