



DATE: 6-6-24

Format: Blitz

Focus: Arms/Abs

<p><b>Warm – Up/Mobility Protocol</b> <b>7 Mins, 2x.</b></p>
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Reps	Exercise:
:30	Blast Off Push Ups
:30	Cat/Cow
:30	Burpees
:30	Butterfly Sit Ups
:30	Shoulder Taps
:30	Thumbs Up Raise
:30	Swimmers

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
	*Do each Giant Set 3x before moving on to bike*			
12:12:12	Bicep Curls/Kickbacks/V-Ups	12:12	15:15	20:20
0.4	Distance on Bike			
8:8:10	Hammer Curls/MYO Dips/Bicycle Crunches	<15	20	25
12	Calories on Bike			
6:6:10	Spider Curls/DB Triceps Press/Side Jack Knives	<12:20	15:30	20:40
0.4	Distance on Bike			
	***Spicy Finisher***			
30	Hammer Curls	<10	15	20
30	Slam Balls	15	20+	20+