



DATE: 6-8-24

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

Focus: Total Body

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

Reps	Exercise:
:30	Sprinter's Rotation Stretch (R)
:30	Sprinter's Rotation Stretch (L)
:30	Scapula Push Ups
:30	Ankle Grabbers
:30	ALT 90/90
:30	High Plank Toe Touches
:30	Shoulder 90/90

Exercise: 30 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.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
10	Swing Snatch			
12	Box Jumps			
7	ALT Russian Swings			
8	DB Squat Upright Row			
10	Calories on Bike			