



DATE: 5-11-24

Format: 5 x 5

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

	Exercise:
:30	Push Ups
:30	ALT Supermans
:30	Butterfly Sit Ups
:30	Ankle Grabbers
:30	Hip 90/90
:30	Burpees
:30	Scapula Push Ups

Focus: Total Body

Reps	Exercise: 5 rounds, 5 minutes each round. Complete entire circuit AND the bike in under 5 minutes. Any additional time left over is to be used as rest. If the round cannot be completed in under 5 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2. Repeat this until the round can be completed in under 5 mins. After all 5 rounds have been completed, there will be a 6 th round of 5 minutes, with all abs. 5 exercises, :50 each.
10	Pull Ups **
7	1:1 Single Arm Russian Swing/KB Snatch*
10	Chest Press on TC *
14	Wallballs **
0.3	Distance on Bike
	BONUS CIRCUIT
:50	Butterfly Sit Ups
:50	Leg Lifts
:50	Bicycle Crunches
:50	ALT V-Ups
:50	Russian Twists