



DATE: 5-16-24

Format: 18 > 6

<p>Warm – Up/Mobility Protocol 7 Mins, 2x.</p>
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Reps	Exercise:
:30	Inch Worms
:30	Burpees
:30	Swimmers
:30	Kneeling Side Reach (R)
:30	Kneeling Side Reach (L)
:30	Shoulder 90/90
:30	Cat/Cow

Focus: Upper Body

Round 1	Round 2	Round 3	Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.
18	12	6	Push Ups
18	12	6	ALT Chest Press on TC
18	12	6	Pull Ups
18	12	6	MYO High Row
18	12	6	Gorilla Rows
18	12	6	Calories on Bike
			** Spicy Finisher, if time remaining **
			Chest Fly on TC, to failure
			Deadlift, to failure