



DATE: 5-18-24

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

<b>Warm – Up/Mobility Protocol</b> <b>7mins, 2x.</b>
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Reps	Exercise:
:30	Sumo Squats
:30	Ankle Grabbers
:30	Hip Cars (R)
:30	Hip Cars (L)
:30	Blast Off Push Ups
:30	Shoulder 90/90
:30	Mtn Climbers

Focus: Total Body

Reps	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.
5	1:1 Single Arm KB Russian Swing/KB Snatch
10	MYO Dips
7	Calories on Bike
5	1:1 DB Clean/ALT Back Lunge
6	Single Arm Squat/High Row
0.2	Distance on Bike