



DATE: 5-21-24

Format: 5 x 5

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

	Exercise:
:30	Push Up + ALT T Rotation
:30	Cat/Cow
:30	Thumbs Up Raises
:30	Shoulder 90/90
:30	Burpees
:30	Shoulder Taps
:30	ALT Sprinter's Lunge

Focus: Upper 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.
10	ALT Chest Press on TC **
14	MYO Parallel Row *
10	Pike Push Up (ft on box) *
10	MYO Dips *
0.4	Distance on Bike
	Spicy Finisher 5 mins, AMRAP
12	American KB Swings
10	MYO Roll Ins
30	DBLU