



DATE: 5-30-24

Format: 6 x 4

Focus: Upper Body (Chest/Tri)

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

	Exercise:
:30	Push Ups
:30	Shoulder 90/90
:30	Scapular Push Ups
:30	Mtn Climbers
:30	Thumbs Up Raise
:30	Squat Drops
:30	Swimmers

Reps	Exercise: 6 rounds, 4 minutes each round. Complete entire circuit <b>AND</b> the bike in under 4 minutes. Any additional time left over is to be used as rest. <b>If the round cannot be completed in under 4 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2.</b> Repeat this until the round can be completed in under 4 mins.
6	Single Arm Chest Press *
10	Skull Crushers *
8	Chest Fly *
10	MYO Dips *
0.2	Distance on Bike
	*** Spicy Finisher, 5 Mins AMRAP ***
7	TTB
5	Weighted Yo-Yos
5	Box Jumps