



DATE: 5-7-24

Format: Spiral

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

Reps	Exercise:
:30	Inch Worms
:30	ALT Back Lunges
:30	Ankle Grabbers
:30	Standing Shoulder 90/90
:30	Ostrich Walks
:30	Crab Toe Touches
:30	Swimmers

Focus: Total Body

Round 1	Round 2	Round 3	Round 4	Exercise: 4 rounds. 25 Minute Time Cap. The 1 st round is 10 minutes, the 2 nd round is 7 minutes, the 3 rd round is 5 minutes, and the 4 th round is 3 minutes. The rep number will match the minutes in the round. Example: 1 st round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest. Once all the rounds have been completed, there will be a 5 minute "Cash Out" .
10	7	5	3	Weighted Yo-Yo
10	7	5	3	1:1 DBL KB Clean/KB Racked Squat
10	7	5	3	TTB
10	7	5	3	Seated Shoulder Press
10	7	5	3	OTH Front Lunge
10	7	5	3	Burpees (yes, Burpees)
1.0	.7	.5	.3	Distance on Bike
				Cash Out As many rounds as possible in 5 Mins
			10	Wall Balls
			10	Burpees
			10	Box Jumps