



DATE: 7-1-24

Format: 5 x 5

Focus: Total Body

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

	Exercise:
:30	Push Ups
:30	Standing Shoulder 90/90
:30	Hip Bridge Marches
:30	Body Rocks
:30	Cat/Cow
:30	Ankle Grabbers
:30	ALT 90/90

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.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
8	OTB Box Jumps*	-	-	-
7	DBL KB Snatch*	15	20	30
14	DBL KB Racked Squat**	15	20	30
10	MYO Skull Crushers*	-	-	-
0.4	Distance on Bike	-	-	-
	** Spicy Meatball **			
20	OTS Stone Toss	Hvy	Hvy	Hvy
20	Burpees	-	-	-