



DATE: 7-4-24

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

Focus: Total Body

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

Reps	Exercise:
:30	Air Squats
:30	Ostrich Walks
:30	Supermans
:30	Leg Raises
:30	High Knees
:30	Inch Worms
:30	Swimmers

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.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
0.2	Distance on Bike			
10	Swing Snatch	20	30	40
6	1:1 SB Clean/ALT SB Front Lunge	Lt	Hvy	hvy
10	Deadlifts	25	35	45
12	Butterfly Sit Ups	-	-	-