



DATE: 6-11-24

Format: 18 > 6

Focus: Upper Body

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

Reps	Exercise:
:30	Inch Worms
:30	Standing Shoulder 90/90
:30	Scapular Push Ups
:30	Mtn. Climbers
:30	Swimmers
:30	Thumbs Up Raises
:30	Supermans

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	ALT Chest Press on TC	15	25	35
18	12	6	Pike Push Up on Box	-	-	-
18	12	6	Pull Ups	-	-	-
18	12	6	KB Gorilla Rows	15	25	35
18	12	6	MYO Muscle Ups	-	-	-
18	12	6	Calories on Bike			
			Spicy Finisher, if time remaining			
		100	Push Ups			