



DATE: 6-15-24

Format: Spiral

Focus: Arms/Shoulders

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

Reps	Exercise:
:30	Blast Off Push Ups
:30	Swimmers
:30	Shoulder 90/90
:30	Inchworms
:30	Scapular Push Ups
:30	Cat/Cow
:30	Lounge Chair/Bridge

Exercise: 4 rounds. 25 Minute Time Cap. The 1<sup>st</sup> round is 10 minutes, the 2<sup>nd</sup> round is 7 minutes, the 3<sup>rd</sup> round is 5 minutes and the 4<sup>th</sup> round is 3 minutes. The rep number will match the minutes in the round.  
Example: 1<sup>st</sup> 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.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	Seated Shoulder Press	10	15	20
10	7	5	3	KB Upright Row	25	35	45
10	7	5	3	Bicep Curls	12	20	25
10	7	5	3	MYO Bicep Curls	-	-	-
10	7	5	3	ALT Skull Crushers	12	20	25
10	7	5	3	DBL OTH Extension	10	12	15
1.0	.7	.5	.3	Distance on Bike			
				** Spicy Finisher, if time remaining **			
			25	Kneeling Slamballs	20	20	20
			25	ALT Hammer Curls	15	20	25