



DATE: 8-1-24

Format: 20 > 5

Focus: Back/Shoulders

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

Reps	Exercise:
:30	Inch Worms
:30	Swimmers
:30	Supermans
:30	Burpees
:30	High Knees
:30	Body Rocks
:30	Crab Toe Touches

Exercise: 4 rounds. 30 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps.

Reps				Exercise:	Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
20	15	10	5	MYO Parallel Rows	-	-	-
20	15	10	5	DB Pwr Clean/Press	15	20	25
20	15	10	5	DB Single Arm Row	15	25	35
20	15	10	5	KB Upright Row	25	35	45
20	15	10	5	DBLU	-	-	-
20	15	10	5	DBL KB Clean	15	20	25
20	15	10	5	Calories on Bike	-	-	-