



DATE: 7-13-24

Format: Spiral

Focus: Total Body

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

Reps	Exercise:
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Scapular Push Ups
:30	Ankle Grabbers
:30	ALT 90/90
:30	High Plank Toe Touch
:30	Shoulder 90/90

Exercise: 4 rounds. 25 Minute Time Cap. The 1st round is 10 minutes, the 2nd round is 7 minutes, the 3rd round is 5 minutes and the 4th round is 3 minutes. The rep number will match the minutes in the round.
Example: 1st 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	Swing Snatch	15	25	35
10	7	5	3	KB OTH Step Ups	10	15	20
10	7	5	3	MYO Dips	-	-	-
10	7	5	3	Racked Squats	20	30	40
10	7	5	3	1:1 Bicep Curl/Hammer Curl	12	15	20
10	7	5	3				
1.0	.7	.5	.3	Distance on Bike			
				** Spicy Finisher **			
			50	Deadlifts (heavy)	25	35	45
			30	Calories on Bike or 50 Slam Balls			

