



DATE: 7-15-24

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

Focus: Back/Chest

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

Reps	Exercise:
:30	Swimmers
:30	Supermans
:30	Thumbs Up Raises
:30	Cat/Cow
:30	Shoulder 90/90
:30	Inchworms
:30	Blast Off Push Ups

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
8	Pull Ups	-	-	-
10	KB Gorilla Rows	15	25	35
10	Calories on Bike OR 6 Burpees			
20	Push Ups			
12	Dragon Flies	12	20	30
10	Weighted Yo-Yos	20	30	40