



DATE: 7-16-24

Format: 20 > 5

Focus: Legs/Shoulders

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

Reps	Exercise:
:30	Plank Tap Backs
:30	Lying Down Shoulder Rotation
:30	Hip Bridge Marches
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Shoulder Taps
:30	Burpees

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	Racked Squats	20	30	40
20	15	10	5	DBL KB Clean	15	20	25
20	15	10	5	Warrior Press	12	15	20
20	15	10	5	Wall Balls	12	16	20
20	15	10	5	Calories on Bike			
				** Spicy Finisher, if extra time **			
			50	Shoulder Press	12	15	25
			50	ALT Front Lunges	12	15	25