



DATE: 7-22-24

Format: Spiral

Focus: Back/Tri

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

Reps	Exercise:
:30	1:1 Push Up/Shoulder Tap
:30	Crab Toe Touches
:30	ALT Supermans
:30	Cat/Cow
:30	Cobra Push Ups
:30	Body Rocks
:30	Mtn. Climbers

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	Pull Ups	-	-	-
10	7	5	3	Deadlift/Shrug	25	35	45
10	7	5	3	OTS Stone Toss (ea)	Lt	Hvy	Hvy
10	7	5	3	MYO Dips	-	-	-
10	7	5	3	Skull Crushers	-	-	-
10	7	5	3	OTH Extension	15	25	35
1.0	.7	.5	.3	Distance on Bike			