



DATE: 7-25-24

Format: 6 x 4

Focus: Shoulders/Abs

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

	Exercise:
:30	Scapular Push Ups (on knees)
:30	Butterfly Sit Ups
:30	Thumbs Up Raises
:30	Swimmers
:30	Bicycle Crunches
:30	Shoulder 90/90
:30	ALT V-Ups

Exercise: 6 rounds, 4 minutes each round. Complete entire circuit **AND** the bike in under 4 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 4 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2.** Repeat this until the round can be completed in under 4 mins.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
12	Seated Shoulder Press (on box) *	15	25	35
12	American KB Swings **	25	35	45
15	Lateral Raises **	12	15	20
12	Calories on Bike	-	-	-
	** Spicy Finisher **			
12	TTB	-	-	-
10	Weighted Sit Ups	15	20	25
25	Crunches	-	-	-