



DATE: 7-29-24

Format: 5 x 5

Focus: Total Body

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

	Exercise:
:30	Ostrich Walks
:30	Standing Hip Cars (R)
:30	Standing Hip Cars (L)
:30	Hip Bridge Marches
:30	Kneeling Spine Wave
:30	ALT T-Rotation
:30	Ankle Grabbers

Exercise: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 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 5 mins.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
8	Chin Ups *	-	-	-
12	Squat Press **	12	20	25
12	Butterfly Sit Ups	-	-	-
10	ALT KB Russian Swings **	25	35	45
12	Calories on Bike	-	-	-
	** Spicy Ab Finisher **			
30	Bicycle Crunches	-	-	-
30	Leg Raises	-	-	-
30	Full Sit Ups	-	-	-