



DATE: 8-10-24

Format: Blitz

Focus: Chest/Abs

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

Reps	Exercise:
:30	Inch Worms
:30	Scapula Push Ups
:30	Standing Shoulder 90/90
:30	Cat/Cow
:30	Swimmers
:30	Push Ups
:30	Full Sit Ups

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
12	Chest Press on BOSU	15	25	35
12	Push Ups (ft on box)	-	-	-
10	TTB	-	-	-
10	Decline Sit Ups	-	-	-
20	Chest Fly	12	20	25
20	Calories on Bike	-	-	-