



DATE: 8-15-24

Format: 5 x 5

Focus: Back/Shoulders

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

	Exercise:
:30	Shoulder 90/90
:30	Hand Release Push Ups
:30	ALT T-Rotation
:30	Swimmers
:30	Double Pump Burpee
:30	Scapular Push Ups (on Knees)
:30	High Plank Toe Touches

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.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
8	Pull Ups *	-	-	-
8	1:1 Double KB Deadlift/Shrug	25	35	45
6	Devil's Press	12	20	25
15	Lateral Raise **	10	12	15
0.3	Distance on Bike	-	-	-
	** Spicy Finisher **			
10	TTB	-	-	-
10	Weighted Sit Ups	15	20	25
10	MYO Roll Outs	-	-	-