



DATE: 8-19-24

Format: 18 > 6

Focus: Upper Body

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

Reps	Exercise:
:30	Plank Tap Backs
:30	Lying Down Shoulder Rotation
:30	Hip Bridge Marches
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Shoulder Taps
:30	Burpees

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remains after all rounds have been complete, move on to "Spicy Finisher".

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	Calories on Bike	-	-	-
18	12	6	Chin Ups	-	-	-
18	12	6	Kneeling Wall Balls	12	16	20
18	12	6	American KB Swings	20	30	40
18	12	6	BOSU Back Extension	-	-	-
18	12	6	Weighted Yo-Yos	20	30	40
18	12	6	DB Clean & Press	15	25	30
			Spicy Finisher, 10 > 1 Funnel			
			V-Ups			
			Full Sit Ups			