



DATE: 8-20-24

Format: Blitz

Focus: Chest/Abs

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

Reps	Exercise:
:30	Jumping Jacks
:30	Inchworm to T-Rotation
:30	Full Sit Ups
:30	ALT 90/90
:30	Swimmers
:30	Push Ups
:30	In & Outs

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
15	Chest Press on TC	20	30	40
15	Push Ups (ft in MYO)	-	-	-
15	MYO Knee Tucks	-	-	-
0.5	Distance on Bike			
15	Chest Fly on TC	20	25	30
10	1:1 Push Up/Shoulder Tap	-	-	-
15	Weighted Sit Ups	10	15	20