



DATE: 8-24-24

Format: Spiral

Focus: Arms

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

Reps	Exercise:
:30	Crab Toe Touches
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inchworm/Push Up
:30	Body Rocks
:30	Blast Off Push Ups
:30	Thumbs Up Raises

Exercise: 4 rounds. 25 Minute Time Cap. The 1<sup>st</sup> round is 10 minutes, the 2<sup>nd</sup> round is 7 minutes, the 3<sup>rd</sup> round is 5 minutes and the 4<sup>th</sup> round is 3 minutes. The rep number will match the minutes in the round.  
Example: 1<sup>st</sup> round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	Skull Crushers	10	12	15
10	7	5	3	MYO Dips	-	-	-
10	7	5	3	OTH Extension	15	25	35
10	7	5	3	ALT Bicep Curls	12	15	20
10	7	5	3	Hammer Curls	12	15	20
10	7	5	3	HWH Curls	12	15	20
10	7	5	3	DB Shoulder Press	15	20	25
10	7	5	3	Lateral Raise	10	12	15
1.0	.7	.5	.3	Distance on Bike			
				***Spicy Finisher***			
			50	Triceps Push Ups			