



DATE: 8-27-24

Format: 20 > 5

Focus: Shoulders/Back/Abs

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

Reps	Exercise:
:30	Body Rocks
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inchworm/Push Up
:30	Swimmers
:30	Shoulder 90/90
:30	Cat/Cow

Exercise: 4 rounds. 30 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps.

Reps				Exercise:	Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
20	15	10	5	MYO Parallel Rows	-	-	-
20	15	10	5	Bent Over Row	15	20	25
20	15	10	5	Deadlift/Shrug	20	30	40
20	15	10	5	Kneeling Shoulder Press	15	20	25
20	15	20	5	Kneeling Wallballs	8	12	16
20	15	10	5	Upright Row	20	30	40
				*** Spicy Finisher ***			
			20	Pike Push Ups (ft on box)			
			40	Shoulder Taps (ea)			