



DATE: 8-31-24

Format: 5 x 5

Focus: Chest/Abs

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

	Exercise:
:30	Shoulder Taps
:30	Swimmers
:30	ALT Supermans
:30	Push Ups
:30	Thumbs Up Raises
:30	ALT T-Rotation
:30	Kneeling Spine Wave

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
10	Chest Press on TC *	15	25	35
10	Push Ups *	-	-	-
10	Reverse MYO Chest Press ** Hands even w/ rig	-	-	-
12	Incline Chest Fly on TC **	12	20	30
	*** Spicy Finisher ***			
0.8	Distance on Bike			
25	TTB			