



DATE: 8-5-24

Format: 6 x 4

Focus: Bicep/Triceps

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

	Exercise:
:30	Crab Toe Touches
:30	Full Sit Ups
:30	1:1 Inch Worm/Push Up
:30	Body Rocks
:30	Leg Lifts
:30	Blast Off Push Ups
:30	Jack Knives

Exercise: 6 rounds, 4 minutes each round. Complete entire circuit **AND** the bike in under 4 minutes. Any additional time left over is to be used as rest.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
0.3	Distance on Bike			
15	Skull Crushers	12	15	20
15	MYO Dips	-	-	-
	21's	12	15	20
	** Spicy Finisher **			
12	MYO Bicep Curls	-	-	-
12	Kneeling Slam Balls	15	20	30