



DATE: 9-5-24

Format: 18 > 6

Focus: Back/Core

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

Reps	Exercise:
:30	1:1 Push Up/Shoulder Tap
:30	Crab Toe Touches
:30	ALT Supermans
:30	Cat/Cow
:30	Cobra Push Ups
:30	Body Rocks
:30	Mtn. Climbers

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	Pull Ups	-	-	-
18	12	6	DB Single Arm Row	15	25	35
18	12	6	1:2 Deadlift/Shrug	20	30	40
18	12	6	TTB	-	-	-
18	12	6	1:1 In & Out/Renegade Row	15	20	25
18	12	6	Calories on Bike			
			Spicy Finisher, if time remaining			
		50	KB Russian Swings	30	40	50
		50	BOSU Back Extensions			