



DATE: 9-7-24

Format: T.O.M (Top of the Minute)

Focus: Upper Body

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

Reps	Exercise:
:30	Inchworms
:30	Burpees
:30	Swimmers
:30	Kneeling Side Reach (R)
:30	Kneeling Side Reach (L)
:30	Shoulder 90/90
:30	Cat/Cow

Exercise: 30 minutes. T.O.M. stands for "Top of the Minute." Members will have 1 minute to complete the number of reps for each exercise. Whatever time is remaining will be utilized as rest. At the top of the next minute, you will start the next exercise. If the reps or bike protocol aren't finished within the 1-minute time block, then stop that exercise and move on to the next exercise. Decrease weight if the reps can't be completed. Increase weight if it is completed too fast.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
10	DB Clean & Press	20	30	40
8	MYO Roll Ins (knees on BOSU)	-	-	-
15	American KB Swings	30	40	50
12	Lateral Raises	10	15	20
10	MYO Knee Tucks	-	-	-
0.2	Distance on Bike			