



DATE: 10-10-24

Format: 6 x 4

Focus: Back

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

	Exercise:
:30	Inchworms
:30	Cat/Cow
:30	ALT Swimmers
:30	Kneeling Side Reach (R)
:30	Kneeling Side Reach (L)
:30	Supermans
:30	Body Rocks

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. **If the round cannot be completed in under 4 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 4 mins.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
8	Pull Ups**	-	-	-
30	DBLU	-	-	-
12	KB Deadlift/Shrug **	25	35	45
8	DB Clean (heavy) **	20	30	40
10	Calories on Bike			
	***Spicy Finisher***			
50	ALT Hammer Curls			
50	Slamballs			