



DATE: 10-15-24

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

Focus: Back/Shoulders

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

Reps	Exercise:
:30	1:1 Push Up/Shoulder Taps
:30	Crab Toe Touches
:30	ALT Supermans
:30	Cat/Cow
:30	Cobra Push Ups
:30	Body Rocks
:30	Burpees

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
8	Pull Ups	-	-	-
12	Bent Over Rows	15	20	25
8	Deadlifts	25	35	45
0.2	Distance on Bike			
8	Pike Push Ups, ft on box	-	-	-
15	KB Upright Rows	20	30	40