



DATE: 10-21-24

Format: 6 x 4

Focus: Back

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

	Exercise:
:30	Body Rocks
:30	Shoulder 90/90
:30	Cat/Cow
:30	Supermans
:30	Swimmers
:30	Thread the Needle (R)
:30	Thread the Needle (L)

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
5	DAB KB Farmer's Walk w 3 Deadlifts on B.E.	20	30	40
10	MYO B2G Rows *	-	-	-
15	KB Russian Swings *	25	35	45
8	Single Arm Row (KB or DB) *	20	30	40
0.3	Distance on Bike			
	Spicy Finisher			
5	Pull Ups			
10	Burpees, do it for Fit Fred			