



DATE: 10-28-24

Format: 18 > 6

Focus: Chest/Abs

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

| Reps | Exercise: |
|------|-------------------|
| :30 | Cobra Push Ups |
| :30 | Butterfly Sit Ups |
| :30 | Inchworms |
| :30 | Shoulder 90/90 |
| :30 | Flutter Kicks |
| :30 | Thumbs Up Raises |
| :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 | Push Ups, ft on box | - | - | - |
| 18 | 12 | 6 | ALT Chest Press on TC | 15 | 25 | 35 |
| 18 | 12 | 6 | Hanging Knee Raises | - | TTB | TTB |
| 18 | 12 | 6 | Dragon Flies | 12 | 20 | 25 |
| 18 | 12 | 6 | Incline Chest Press on TC | 15 | 25 | 35 |
| 18 | 12 | 6 | MYO Roll Ins | - | - | - |
| 18 | 12 | 6 | Calories on Bike | | | |
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