



DATE: 10-31-24

Format: 5 x 5

Focus: Arms/Abs

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

	Exercise:
:30	Crab Toe Touches
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inchworm/Push Up
:30	Leg Lifts
:30	Blast Off Push Ups
:30	Thumbs Up Raises

Exercise: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 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 5 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
8	Burpees	-	+1	+2
12	Crush Press	15	25	35
10	DB Skull Crushers	12	15	20
12	Hammer Curls	12	15	20
10	Spider Curls	10	15	20
10	Calories on Bike	-	-	-