



DATE: 10-5-24

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

Focus: Total Body

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

Reps	Exercise:
:30	Ostrich Walks
:30	Standing Shoulder 90/90
:30	Hip Bridge Marches (ea)
:30	Body Rocks
:30	Cat/Cow
:30	Ankle Grabbers
:30	ALT 90/90

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
10	Swing Snatch	15	25	35
12	Weighted Box Jumps	<10	12	20
7	ALT KB Russian Swings	25	35	45
8	DB Squat/Upright Row	20	30	40
10	Calories on Bike	-	-	-
10	ALT Front Lunges	10	20	30