



DATE: 10-7-24

Format: Blitz

Focus: Arms

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

Reps	Exercise:
:30	Blast Off Push Ups
:30	Cat/Cow
:30	Crab Toe Touches
:30	Body Rocks
:30	Shoulder Taps
:30	Swimmers
:30	ALT T-Rotation

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
0.5	Distance on Bike			
15	MYO Bicep Curls	-	-	-
6	Bicep Curls *heavy*	20	25	30
6	Spider Hammer Curls *heavy*	15	20	25
0.5	Distance on Bike			
15	ALT Skull Crushers	12	15	20
6	DBL OTH Extension *heavy*	12	15	20
6	Tricep DB Press *heavy*	20	30	40