



DATE: 10-8-24

Format: Spiral

Focus: Chest/Shoulders/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: 4 rounds. 25 Minute Time Cap. The 1<sup>st</sup> round is 10 minutes, the 2<sup>nd</sup> round is 7 minutes, the 3<sup>rd</sup> round is 5 minutes and the 4<sup>th</sup> round is 3 minutes. The rep number will match the minutes in the round.  
Example: 1<sup>st</sup> round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	ALT Chest Press on TC	20	30	40
10	7	5	3	Push Ups (ft on box)	-	-	-
10	7	5	3	Weighted Sit Ups	10	15	20
10	7	5	3	KB Upright Row *heavy*	25	35	45
10	7	5	3	Strict Shoulder Press *heavy*	15	20	25
10	7	5	3	MYO Roll Ins	-	-	-
1.0	.7	.5	.3	Distance on Bike			
				***Spicy Finisher***			
			25	Pull Ups			
			25	Burpees			