



DATE: 9-12-24

Format: Blitz

Focus: Total Body

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

Reps	Exercise:
:30	Elephant Walks
:30	Squat Drops
:30	Hip Bridge Marches (ea)
:30	Body Rocks
:30	Cat/Cow
:30	Ankle Grabbers
:30	ALT 90/90

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
10	Chin Ups	-	-	-
5	DAB KB Farmer's Walk w 5 Deadlifts on B.E.	20	30	40
5	Chest Press on TC	25	35	45
10	ISO Chest Fly on TC	15	25	35
10	ALT OTH Front Lunges	10	15	20
0.8	Distance on Bike, seated			