



DATE: 9-14-24

Format: Spiral

Focus: Upper Body

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

| Reps | Exercise: |
|------|-----------------------|
| :30 | Crab Toe Touches |
| :30 | Thread the Needle (R) |
| :30 | Thread the Needle (L) |
| :30 | Inchworm/Push Up |
| :30 | Body Rocks |
| :30 | Blast Off Push Ups |
| :30 | Thumbs Up Raises |

Exercise: 4 rounds. 25 Minute Time Cap. The 1st round is 10 minutes, the 2nd round is 7 minutes, the 3rd round is 5 minutes and the 4th round is 3 minutes. The rep number will match the minutes in the round.
Example: 1st 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 KB Gorilla Row | 20 | 30 | 40 |
| 10 | 7 | 5 | 3 | Decline Sit Ups | - | - | - |
| 10 | 7 | 5 | 3 | Warrior Press on BOSU | 15 | 20 | 25 |
| 1.0 | .7 | .5 | .3 | Distance on Bike | | | |
| 10 | 7 | 5 | 3 | Weighted Yo-Yo | 20 | 30 | 40 |
| 10 | 7 | 5 | 3 | MYO Muscle Ups | - | - | - |
| 10 | 7 | 5 | 3 | HWH Curls | 15 | 20 | 25 |
| | | | | | | | |
| | | | | **Spicy Finisher** | | | |
| | | | 50 | Hammer Curls | 15 | 20 | 25 |
| | | | 50 | Skull Crushers | - | - | - |
| | | | | | | | |