



DATE: 9-21-24

Format: 20 > 5

Focus: Arms

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

Reps	Exercise:
:30	Crab Toe Touches
:30	Shoulder 90/90
:30	Inch Worms
:30	Body Rocks
:30	Burpees
:30	Blast Off Push Ups
:30	ALT T-Rotation

Exercise: 4 rounds. 30 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps.

Reps				Exercise:	Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
20	15	10	5	Bicep Curls	10	15	20
20	15	10	5	MYO Dips	-	-	-
20	15	10	5	Calories on Bike	-	-	-
20	15	10	5	Spider Curls	10	15	20
20	15	10	5	MYO Skull Crushers	-	-	-
20	15	10	5	Calories on Bike	-	-	-
20	15	10	5	Concentration Hammer Curls	10	15	20
20	15	10	5	Kickbacks	10	12	15