



DATE: 9-23-24

Format: 6 x 4

Focus: Arms

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

	Exercise:
:30	Crab Toe Touches
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inchworm/Push Ups
:30	Body Rocks
:30	Blast Off Push Ups
:30	Thumbs Up Raises

Exercise: 6 rounds, 4 minutes each round. Complete entire circuit **AND** the bike in under 4 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 4 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2.** Repeat this until the round can be completed in under 4 mins.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
10	MYO Skull Crushers (MYO straps are short)	-	-	-
10	MYO Dips	-	-	-
10	Spider Hammer Curls	10	15	20
10	HWH Curls	10	15	20
10	1:1 Slamball/Burpee	20	20	20