



DATE: 9-30-24

Format: 18 > 6

Focus: Total Body

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

Reps	Exercise:
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Scapular Push Ups
:30	Ankle Grabbers
:30	ALT 90/90
:30	High Plank Toe Touches
:30	Shoulder 90/90

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to "Spicy Finisher".

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	DB Clean/Racked Step Up	15	25	35
18	12	6	Wallballs	12	16	20
18	12	6	TTB	-	-	-
18	12	6	DB Shoulder Press	15	25	35
18	12	6	Burpees	-	-	-
18	12	6	Calories On Bike			
			***Spicy Finisher, if time remaining***			
		20	Pull Ups			
		50	Butterfly Sit Ups			