



DATE: 11/30

Format: Spiral

Focus: TOTAL BODY

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

Reps	Exercise:
:30	Ostrich Walks
:30	Standing Shoulder 90/90
:30	Hip Bridge Marches (ea)
:30	Body Rocks
:30	Cat/Cow
:30	Ankle Grabbers
:30	ALT 90/90

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	1:1 DB clean/Racked Squat	<15	25	30
10	7	5	3	1:1 Slam Ball/Burpee	20	20	20
10	7	5	3	ALT OTH Surrenders	<12	20	25
10	7	5	3	Squat/Upright Row	<15	20	25
10	7	5	3	TTB	-	-	-
10	7	5	3	Skull Crushers	<12	15	20
1.0	.7	.5	.3	Distance on Bike			