



DATE: 11/19

Format: 6 x 4

Focus: Total Body

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

	Exercise:
:30	Yo-Yo
:30	Standing Shoulder 90/90
:30	Hip Bridge Marches (ea)
:30	Body Rocks
:30	Cat/Cow
:30	Blast Off Push Ups
:30	ALT Surrenders

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.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
7	MYO Dips	-	-	-
7	Chin Ups	-	-	-
7	Pike Push Up	-	-	-
5	Devil's Press	15	20	25
.2	On Bike			