



DATE: 11/23

Format: 5 x 5

Focus: Total Body

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

	Exercise:
:30	Swimmers
:30	Cat/Cow
:30	Lounge Chair/Bridge
:30	Shoulder 90/90
:30	Kneeling Spine Wave
:30	Thumbs Up Raises
:30	Scapula Push Ups

Exercise: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 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 5 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
12	Swing Snatch	15	25	35
8	1:1 Bicep Curl/Hammer Curl	15	20	25
15	Dead Lifts <b>**Heavy*</b>	25	35	45
10	MYO Roll Ins	-	-	-
	Calories on Bike (30)			
	<b>**Spicy Finisher**</b>			
50	Shoulder Press	15	20	25

