



DATE: 11-12-24

Format: 5 x 5

Focus:

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

	Exercise:
:30	Sprinters Rotation Stretch (R)
:30	Sprinters Rotation Stretch (L)
:30	Jumping Jacks
:30	Hand Release Push Ups
:30	ALT 90/90
:30	High Plank Toe Touch
:30	Shoulder 90/90

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	Squat Press	15	25	35
15	American Swings	25	35	45
	12 Calories on bike			
6	OTS Stone Toss	Lt	Lt	Hvy
15	Wall Ball	12	16	20
	**Spicy finisher			
	1 mile on Bike			
30	Burpees			