



DATE: 11-14-24

Format: Spiral

Focus:

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

Reps	Exercise:
:30	1:1 Push Up/Shoulder Tap
:30	Crab Toe Touches
:30	ALT Supermans
:30	Cat/Cow
:30	Cobra Push Ups
:30	Body Rocks
:30	Push Ups

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	Pull Ups	-	-	-
10	7	5	3	Seated Shoulder Press	10	20	30
10	7	5	3	1:1 Deadlift Shrug	20	35	50
10	7	5	3	Lateral Raise	10	12	15
10	7	5	3	KB Upright Row	20	30	40
10	7	5	3	DB Clean			
1.0	.7	.5	.3	Distance on Bike			