



DATE: 11-4-24

Format: 20 > 5

Focus: Total Body

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

Reps	Exercise:
:30	Push Ups
: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. 30 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps.

Reps				Exercise:	Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
20	15	10	5	Wallballs	12	16	20
20	15	10	5	KB Snatch	20	25	30
20	15	10	5	Push Press	15	25	35
20	15	10	5	MYO Roll Ins (on BOSU)	-	-	-
20	15	10	5	KB OTH Step Ups	15	25	35
				Spicy Finisher			
			0.5	Distance on Bike			
			5	Strict Shoulder Press, Max weight			