



DATE: 11-9-24

Format: Blitz

Focus: Arms

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

Reps	Exercise:
:30	Crab Toe Touches
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inchworm/Push Up
:30	Body Rocks
:30	Blast Off Push Ups
:30	Thumbs Up Raises

Exercise: 30-minute time cap.

****SUPERSETS****

Increase weight if you're able to complete all the reps unbroken.

Complete Each Set 3x before moving on to bike		Starting Weight		
Reps	Exercise:	L1	L2	L3
15:15	DB Skull Crushers/ALT Hammer Curls	12/12	15/15	20/20
15	Calories on Bike			
12:15	Spider Curls/MYO Dips	12	15	20
15	Calories on Bike			
12:10	Kickbacks/HWH Curls	12/12	15/15	20/20
15	Calories on Bike			
10:12	MYO Skull Crushers/MYO Clutch Curls			
15	Calories on Bike			