



DATE: 12/3

Format: 18 > 6

Focus: Chest/Abs

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

Reps	Exercise:
:30	Scapular Push-Ups
:30	Shoulder 90/90
:30	Seated Rotational Stretch
:30	Ankle Grabbers
:30	Swimmers
:30	Butterfly Sit Ups
:30	Push Ups

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	ALT Chest Press on BOSU	<20	30	40
18	12	6	Crush Press on BOSU	<20	30	40
18	12	6	Hand Release Push-Up	-	-	-
18	12	6	Slamball Slammer Jammers	20	20	20
18	12	6	DB Wipers	<20	30	40
18	12	6	Calories on Bike			
			Spicy Finisher, if time remaining			
			1 Mile on Bike			
			30 Push Ups			