



DATE: 12/5

Format: 5 x 5

Focus: ARMS/ABS

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

	Exercise:
:30	Lying Down Shoulder Rotation
:30	Seated Hip Flexor Raises
:30	Lounge Chair/Bridge
:30	Ostrich Walk
:30	Ankle Grabbers
:30	V-Ups
:30	Mt. Climbers

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
15	Hammer Curl	<12	20	25
6	Kneeling HWH Curl	<12	20	25
12	MYO Dips	-	-	-
8	ALT Close Grip Press	<15	25	30
10	DB Weighted Sit-Up	<12	20	25
.2	Distance on Bike			
	<b>** Spicy Finisher**</b>			
	1 Mile on Bike			
	Max number of curls w/ 50% max weight			