



DATE: 12/30

Format: 20 > 5

Focus: Total Body

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

Reps	Exercise:
:30	Sprinters Rotation Stretch (R)
:30	Sprinters Rotation Stretch (L)
:30	Scapula Push Ups
:30	Ankle Grabbers
:30	ALT 90/90
:30	High Plank Toe Touch
:30	Shoulder 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	Single Arm Squat/High Row (ea)	15	20	25
20	15	10	5	v-ups	-	-	-
20	15	10	5	Crush Press	15	20	25
20	15	10	5	KB statue of Liberty	15	20	25
20	15	10	5	DAB Farmers walk (total) w/ 1 Deadlift B.E.	20	30	40
20	15	10	5	Weighted Sit Ups	15	20	25
20	15	10	5	Calories on Bike			