



DATE: 12/10

Format: T.O.M (Top of the Minute)

Focus: LEGS

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

Reps	Exercise:
:30	Ostrich Walks
:30	Alt 90/90
:30	Hip Bridge Marches
:30	Mt Climbers
:30	Hip Airplanes (R)
:30	Hip Airplanes (L)
:30	Ankle Grabbers

Exercise: 30 minutes. T.O.M. stands for "Top of the Minute." Members will have 1 minute to complete the number of reps for each exercise. Whatever time is remaining will be utilized as rest. At the top of the next minute, you will start the next exercise. If the reps or bike protocol aren't finished within the 1-minute time block, then stop that exercise and move on to the next exercise. Decrease weight if the reps can't be completed. Increase weight if it is completed too fast.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
8	Racked Step Ups (ea)	15	25	35
10	TTB	-	-	-
6	Stone Toss (total)	Hvy	Hvy	Hvy
10	ALT Front Lunges (ea)	10	20	30
8	Weighted Box Jumps	8	10	12
.2	Distance on Bike			