

DATE: 12/12 Format: Blitz

Focus: TOTAL BODY

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

Reps	Exercise:
:30	Air Squats
:30	Ostrich Walks
:30	Inch Worms
:30	Full Sit Ups
:30	High Knees
:30	Standing Shoulder 90/90
:30	Swimmers

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
12	Chin Ups	-	-	-
5	DAB KB Farmer's Walk w/ 5 Deadlift B.E.	15	25	35
10	Chest Press on TC	15	30	40
10	ISO Chest Fly	10	15	25
10	ALT SNATCH (EA)	15	30	40
1.0	Distance on Bike			