



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.

[illegible]