



DATE: 12/14

Format: Spiral

Focus:ARMS/ABS

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

Reps	Exercise:
:30	Crab Toe Touches
:30	Full Sit Ups
:30	1:1 Inch worm/Push Up
:30	Body Rocks
:30	Leg Lifts
:30	Blast off Push Ups
:30	Jack Knives

Exercise: 4 rounds. 25 Minute Time Cap. The 1st round is 10 minutes, the 2nd round is 7 minutes, the 3rd round is 5 minutes and the 4th round is 3 minutes. The rep number will match the minutes in the round. Example: 1st round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	ALT Skull Crushers on TC	12	15	20
10	7	5	3	Pike Push Ups (ft on box)	-	-	-
10	7	5	3	Weighted Sit Ups	12	15	20
10	7	5	3	Hammer Curl *Heavy	15	20	25
10	7	5	3	Strict Shoulder Press *Heavy	15	25	30
10	7	5	3	MYO Roll Ins	-	-	-
1.0	.7	.5	.3	Distance on Bike			