



DATE: 12/17

Format: 20 > 5

Focus: Arms

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

Reps	Exercise:
:30	Yo-Yo
:30	Standing Shoulder 90/90
:30	Hip Bridge Marches (ea)
:30	Body Rocks
:30	Cat/Cow
:30	Blast Off Push Ups
:30	ALT Surrenders

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	Close Grip Press	15	25	35
20	15	10	5	Skull Crushers	12	15	20
20	15	10	5	Calories on Bike	-	-	-
20	15	10	5	Chin Ups	-	-	-
20	15	10	5	HWH Curls	10	12	15
				<b>**Spicy**</b>			
				30 MYO DIPS			
				20 CALORIES ON BIKE			