



DATE: 12/23

Format: Spiral

Focus: Total Body

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

Reps	Exercise:
:30	Sprinters Rotation Stretch (R)
:30	Sprinters Rotation Stretch (L)
:30	Scapula Push Ups
:30	Ankle Grabbers
:30	ALT 90/90
:30	High Plank Toe Touch
:30	Shoulder 90/90

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	Swing Snatch	15	25	35
10	7	5	3	TTB	-	-	-
10	7	5	3	Wall Balls	12	16	20
10	7	5	3	DBL KB Deadlift	25	35	45
10	7	5	3	Pull Ups	-	-	-
10	7	5	3	Lateral Box Jumps (ea)	-	-	-
1.0	.7	.5	.3	Distance on Bike			