



DATE: 12/28

Format: T.O.M (Top of the Minute)

Focus: TOTAL BODY

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

Reps	Exercise:
:30	B2B Squats
:30	Ostrich Walks
:30	Single Leg Hip Bridge (R)
:30	Single Leg Hip Bridge (L)
:30	1.5 Sumo Pulse Squats
:30	Push Ups
:30	V-Ups

Exercise: 30 minutes. T.O.M. stands for "Top of the Minute." Members will have 1 minute to complete the number of reps for each exercise. Whatever time is remaining will be utilized as rest. At the top of the next minute, you will start the next exercise. If the reps or bike protocol aren't finished within the 1-minute time block, then stop that exercise and move on to the next exercise. Decrease weight if the reps can't be completed. Increase weight if it is completed too fast.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
6	Snatchue of Liberty (ea)	10	20	30
10	Chin Ups	-	-	-
6	KB Bulgarian Lunge (ft on box) (ea)	15	25	35
10	Calories on Bike	-	-	-
12	Butterfly Sit Ups	-	-	-
7	Burpees	-	-	-