



DATE:

Format: 18 > 6

Focus: Back/Bis

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

Reps	Exercise:
:30	Inch Worms
:30	Cat/Cow
:30	Alt Swimmers
:30	Kneeling Side Reach (R)
:30	Kneeling Side Reach (L)
:30	Supermans
:30	Body Rocks

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	Pull Ups	-	-	-
18	12	6	Burpees	-	-	-
18	12	6	KB Deadlift/Shrug	15	25	35
18	12	6	DB Clean	15	25	35
18	12	6	ALT Curls	12	15	20
18	12	6	Calories on Bike			
			***Spicy Finisher, if time remaining***			
			1 Mile on Bike			
			25 B2G Rows			