



DATE: 1/2

Format: 5 x 5

Focus: Total Body

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

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

Exercise: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 minutes, decrease the single \* exercise reps by 1 and the double \*\* exercise reps by 2.** Repeat this until the round can be completed in under 5 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
15	Wall Balls **	16	20	20
8	1:1 DBL KB Clean/KB Racked Squat *	15	20	25
12	MYO Roll ins (Knees on Bosu) *	-	-	-
8	Skull Crushers	-	-	-
12	Calories on the bike			