



DATE: 2/4

Format: 18 > 6

Focus: CHEST/TRI

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

Reps	Exercise:
:30	Blast Off Push Ups
:30	Cat/Cow
:30	Burpee
:30	Butterfly Sit Ups
:30	Shoulder Taps
:30	Thumbs Up Raise
:30	Swimmers

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			**5 PUSH UPS AFTER EACH EXERCISE	Starting Weight		
Round 1	Round 2	Round 3	Exercise:	L1	L2	L3
18	12	6	Chest Press on BOSU	15	20	30
18	12	6	Incline Chest Fly	10	20	25
18	12	6	Incline Skull Crushers on Bosu	10	15	20
18	12	6	Kick Backs	10	15	20
18	12	6	CALORIES ON BIKE			
			Spicy Finisher, if time remaining			
			AS MANY UN-BROKEN REPS AS POSSIBLE			
			MYO SKULL CRUSHERS			