



DATE: 2/6

Format: Spiral

Focus: Total Body

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

Reps	Exercise:
:30	Crab Toe Touches
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inch worm/Push Up
:30	Body Rocks
:30	Blast off Push Ups
:30	Thumbs Up Raises

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	Alt Snatch (ea)	15	25	35
10	7	5	3	Slamball Zercher Step Ups (ea)	20	Stone	Stone
10	7	5	3	Curls	12	20	25
10	7	5	3	Weighted Sit Ups	12	20	25
10	7	5	3	Box Jump (Holding DBs)	-	5	10
10	7	5	3	Squat Press	15	25	35
1.0	.7	.5	.3	Distance on Bike			
				Spicy Finisher			
				Complete rd 4 again!			