



DATE: 2/8

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

Focus: Lower Body

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

Reps	Exercise:
:30	B2B Squats
:30	Ostrich Walks
:30	Alt Front Lunges
:30	Sprinter's Lunge (R)
:30	Sprinter's Lunge (L)
:30	Sumo Squats
:30	Heel Kicks

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
7	ALT OTH Back Lunge	8	12	20
12	Goblet Squat	15	25	35
5	Center Hold Lateral Split Squat (ea)	15	25	35
12	Wall Balls	12	16	20
10	Alt Jumping Step Ups (ea)	-	-	-
10	Calories on Bike			