



DATE: 2/1

Format: 6 x 4

Focus: ARMS/ABS

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

	Exercise:
:30	Swimmers
:30	Hand On Head Twist
:30	Thumbs Up Raises
:30	Cat/Cow
:30	Kneeling Side Reach (R)
:30	Kneeling Side Reach (L)
:30	Scapula Push Ups

Exercise: 6 rounds, 4 minutes each round. Complete entire circuit **AND** the bike in under 4 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 4 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 4 mins.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
20	Hammer Curls	10	15	20
15	Skull Crushers	10	15	20
10	TTB	-	-	-
12	Close Grip Press	15	25	35
	.3 ON BIKE			