



DATE: 1/11

Format: 18 > 6

Focus: BACK/TRIS

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

Reps	Exercise:
:30	Shoulder Tap
:30	Crab Toe Touches
:30	ALT Supermans
:30	Cat/Cow
:30	Cobra Push Ups
:30	Body Rocks
:30	Mt Climbers

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			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	MYO Parallel Rows	-	-	-
18	12	6	DBL KB Deadlift	<15	30	40
18	12	6	Russian Swings	<15	30	40
18	12	6	Slam Balls	20	20	20
18	12	6	MYO Skull Crushers	-	-	-
18	12	6	Triceps Push Up	-	-	-
18	12	6				
			Spicy Finisher, if time remaining			
		50	B2G ROWS			

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