



DATE: 1/14

Format: 20 > 5

Focus: TOTAL BODY

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

Reps	Exercise:
:30	Body Rocks
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inch worm/Push Up
:30	Swimmers
:30	Shoulder 90/90
:30	Cat/Cow

Exercise: 4 rounds. 30 Minute Time Cap. Round (1) is 20 reps, decrease Reps by 5 each round, increase weight each round. Each round you will burn the same number of calories as the reps.

Reps				Exercise:	Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
20	15	10	5	Snatch (ea)	12	20	30
20	15	10	5	Russian Swing	20	30	40
20	15	10	5	TTB	-	-	-
20	15	10	5	MYO Parallel Row	-	-	-
20	15	10	5	Weighted yo-yo	12	20	30
20	15	10	5	Calories on Bike			