



DATE: 1/18

Format: 5 x 5

Focus: BACK/BI

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

	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: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 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 5 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
6	Pull Ups	-	-	-
8	DBL KB Bent Over Row	15	20	25
8	MYO High Row	-	-	-
10	ALT Curls (EA)	<10	12	20
.3	Distance on Bike			