



DATE: 1/20

Format: Spiral

Focus: Total Body

## Warm-Up/Mobility Protocol

### 7 Mins, 2x.

Reps	Exercise:
:30	Swimmers
:30	Lounge Chair/Bridge
:30	Shoulder 90/90
:30	Kneeling Spine Wave
:30	Thumbs Up Raises
:30	Scapula Push Ups
:30	Kneeling Side Reach

Exercise: 4 rounds. 25 Minute Time Cap. The 1<sup>st</sup> round is 10 minutes, the 2<sup>nd</sup> round is 7 minutes, the 3<sup>rd</sup> round is 5 minutes and the 4<sup>th</sup> round is 3 minutes. The rep number will match the minutes in the round. Example: 1<sup>st</sup> round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	Swing Snatch	15	25	35
10	7	5	3	KB Gorilla Row	15	25	35
10	7	5	3	Pull Ups	-	-	-
10	7	5	3	ALT OTH Back Lunge	10	15	20
10	7	5	3	KB Bulgarian Lunge	15	25	35
10	7	5	3	Butterfly Sit ups	-	-	-
1.0	.7	.5	.3	Distance on Bike			