



DATE: 1/21

Format: T.O.M (Top of the Minute)

Focus: CHEST/ABS

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

Reps	Exercise:
:30	Cobra Push Ups
:30	Butterfly Sit Ups
:30	Inchworms
:30	Shoulder 90/90
:30	Flutter Kicks
:30	Thumbs up raises
:30	Mt Climbers

Exercise: 30 minutes. T.O.M. stands for "Top of the Minute." Members will have 1 minute to complete the number of reps for each exercise. Whatever time is remaining will be utilized as rest. At the top of the next minute, you will start the next exercise. If the reps or bike protocol aren't finished within the 1-minute time block, then stop that exercise and move on to the next exercise. Decrease weight if the reps can't be completed. Increase weight if it is completed too fast.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
15	Push Ups	-	-	-
10	MYO Knee Tucks	-	-	-
10	ALT Chest Press on TC	<15	25	35
10	MYO Roll Ins	-	-	-
	.3 on Bike			
10	Reverse MYO Chest Press (Hands even with rig)	-	-	-