



DATE: 1/30

Format: 20 > 5

Focus: TOTAL BODY

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

Reps	Exercise:
:30	Hip Bridge Marches
:30	Sprinters Rotation Stretch (R)
:30	Sprinters Rotation Stretch (L)
:30	High Plank Tap Backs
:30	Laying Down shoulder rotation
:30	Shoulder Taps
:30	Burpees

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	Swing Snatch	15	20	25
20	15	10	5	KB OTH Step Ups	10	15	20
20	15	10	5	MYO Dips	-	-	-
20	15	10	5	Racked Squats	15	20	25
20	15	10	5	Calories on Bike			
				**SPICY			
				50 Dead Lifts **Heavy*			
				30 Calories on Bike OR 50 slam balls			