



DATE: 1/6

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

Focus: Chest/Back

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

Reps	Exercise:
:30	Scapula Push Ups (on Knees)
:30	Butterfly sit ups
:30	Thumbs Up Raises
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	Shoulder 90/90
:30	Alt V-Ups

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	-	-	-
4:4:4	Gorilla Row/Russian Swing/DBL KB Clean	<15	20-30	35+
10	Chest Fly	<15	20-30	35+
5	Burpees	-	-	-
8	Pull Ups	-	-	-
10	Calories on Bike			