



DATE: 2/10

Format: 5 x 5

Focus: Chest/Abs

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

	Exercise:
:30	Shoulder Taps
:30	Alt Single arm/Leg v-ups
:30	Blast Off Push Ups
:30	Thumbs Up Raises
:30	Crap Toe Touches
:30	Scapula Push Ups
:30	Kneeling Side Reach

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	Single Arm Chest Press	15	25	35
10	MYO Roll Ins *	-	-	-
8	Chest Fly	12	20	30
10	Butterfly Sit Ups	-	-	-
20	Push Ups **	-	-	-
	.2 on Bike			
	Spicy Finsher			
	30 Calories on Bike			
	15 Hand Release Push Ups			