



DATE: 2/13

Format: 20 > 5

Focus: Total Body

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

Reps	Exercise:
:30	Ostrich Walks
:30	Hip Bridge Marches
:30	Standing Hip Cars (R)
:30	Standing Hip Cars (L)
:30	Hip Airplanes (R)
:30	Hip Airplanes (L)
:30	Ankle Grabbers

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	12	20	30
20	15	10	5	MYO Muscle Ups	-	-	-
20	15	10	5	Weighted yo-yo	12	20	30
20	15	10	5	Wall Ball	12	16	20
20	15	10	5	1:1 DBL KB Clean/Racked Squat	15	25	30
20	15	10	5	Calories on Bike			
				Spicy Finisher			

