



DATE: 2/17

Format: Spiral

Focus: Total Body

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

Reps	Exercise:
:30	Swimmers
:30	Cat/Cow
:30	Lounge Chair/Bridge
:30	Shoulder 90/90
:30	Thumbs Up Raises
:30	Scapula Push Ups
:30	Kneeling Side Reach

Exercise: 4 rounds. 25 Minute Time Cap. The 1st round is 10 minutes, the 2nd round is 7 minutes, the 3rd round is 5 minutes and the 4th round is 3 minutes. The rep number will match the minutes in the round. Example: 1st round is 10 minutes, so there will be 10 reps of each exercise. Complete all the exercise AND bike protocol each round. If there is additional time left over, utilize it as rest.

Reps					Starting Weight		
Round 1	Round 2	Round 3	Round 4		L1	L2	L3
10	7	5	3	Shoulder Press	15	20	30
10	7	5	3	Pull Ups	-	-	-
10	7	5	3	Myo Pistol Squat	-	-	-
10	7	5	3	Chest Press on BOSU	15	20	30
10	7	5	3	Single Arm Dead Lift	20	30	40
10	7	5	3	ALT OTH Front Lunge	10	15	20
10	7	5	3	Wall Balls	12	16	20
1.0	.7	.5	.3	Distance on Bike			
				Spicy Finisher			
			7	DBL KB Racked Squat	15	25	35
			30	DBLU	-	-	-

