



DATE: 2/20

Format: 18 > 6

Focus: Total Body

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

Reps	Exercise:
:30	Plyo Sprinter's Lunge (R)
:30	Plyo Sprinter's Lunge (L)
:30	Ankle Grabbers
:30	High Knees
:30	Butt Kicks
:30	Ostrich Walks
:30	1:1 Inch worm/Push Up

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	Kneeling Wall Balls	8	12	16
18	12	6	Racked Squats	15	25	35
18	12	6	Box Jumps	-	-	-
18	12	6	MYO Dips (8)	-	-	-
18	12	6	Burpees	-	-	-
18	12	6	Calories on Bike	-	-	-
			***Spicy Finisher, if time remaining***			
		12	TTB			
		8	Single Arm Squat/Upright Row (ea)	15	25	35