



DATE: 2/25

Format: 20 > 5

Focus: CHEST/BACK

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

Reps	Exercise:
:30	Push Ups
:30	ALT Supermans
:30	Butterfly Sit Ups
:30	Ankle Grabbers
:30	Hip 90/90
:30	Burpees
:30	Scapula Push Ups

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	MYO Parallel Rows			
20	15	10	5	KB Gorilla Rows			
20	15	10	5	Push Ups			
20	15	10	5	Dragon Fly			
20	15	10	5	Weighted Yo-Yo			
20	15	10	5	Calories on bike			
				Spicy Finisher			
				Max Unbroken chest press			
				1 mile on Bike AFAP			

