



DATE: 3/3

Format: 18 > 6

Focus: Chest/Back

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

Reps	Exercise:
:30	Inch worms
:30	Scapula Push Ups
:30	Standing Shoulder 90/90
:30	Burpees
:30	Sprinters rotational stretch (R)
:30	Sprinters rotational stretch (L)
:30	1.5 Sumo Squats

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	Push Ups	-	-	-
18	12	6	ALT Chest Press on TC (ea)	15	25	35
18	12	6	Pull Ups	-	-	-
18	12	6	MYO High Row	-	-	-
18	12	6	Gorilla Row	15	25	35
18	12	6	Calories on Bike			
			Spicy Finisher, if time remaining			
			Chest Fly on TC **Failure**			
			Box Jumps (10)			
			Turkish Get Up (3)			