



DATE: 3/6

Format: Spiral

Focus: ARMS

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

Reps	Exercise:
:30	Yo-Yo
:30	Standing Shoulder 90/90
:30	Hip Bridge Marches (ea)
:30	Body Rocks
:30	Cat/Cow
:30	Blast Off Push Ups
:30	ALT Surrenders

Exercise: 4 rounds. 25 Minute Time Cap. The 1<sup>st</sup> round is 10 minutes, the 2<sup>nd</sup> round is 7 minutes, the 3<sup>rd</sup> round is 5 minutes and the 4<sup>th</sup> round is 3 minutes. The rep number will match the minutes in the round.  
Example: 1<sup>st</sup> 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	MYO Skull crushers (short myo)	-	-	-
10	7	5	3	MYO Dips	-	-	-
10	7	5	3	1:1 Lateral Raise/Front Raise	8	10	12
10	7	5	3	Spider Curls	10	15	20
10	7	5	3	1:1 Hammer curl/curl	10	15	20
10	7	5	3	Pike Push Ups on Box	-	-	-
1.0	.7	.5	.3	Distance on Bike			
				<b>**Spicy Finisher**</b>			
				(30) ALT SKULL CRUSHERS			
				(30) CALORIES ON BIKE			