



DATE: 3/10

Format: 5 x 5

Focus: Total Body

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

	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: 5 rounds, 5 minutes each round. Complete entire circuit **AND** the bike in under 5 minutes. Any additional time left over is to be used as rest. **If the round cannot be completed in under 5 minutes, decrease the single * exercise reps by 1 and the double ** exercise reps by 2.** Repeat this until the round can be completed in under 5 mins.

		Starting Weight		
Reps	Exercise:	L1	L2	L3
10	Pull Ups **	-	-	-
7	1:1 Single Arm Russian Swing/KB Snatch *	15	25	35
10	Chest Press on TC *	15	30	40
14	Wall Balls **	12	16	20
	Spicy Finsher			
	Deadlifts to Failure.			