



DATE: 3/11

Format: 20 > 5

Focus: ARMS/ABS

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

Reps	Exercise:
:30	Blast off Push Ups
:30	Swimmers
:30	Shoulder 90/90
:30	Inchworms
:30	Scapula Push Ups
:30	Cat/Cow
:30	Lounge chair/Bridge

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	Bicep Curls	10	15	20
20	15	10	5	MYO Bicep Curls	-	-	-
20	15	10	5	ALT Skull Crushers	10	15	20
20	15	10	5	DBL Weight OTH Ext	10	15	20
20	15	10	5	MYO Dips	-	-	-
20	15	10	5	Calories on Bike			
				Spicy Finisher			
				Kneeling Slam Ball (25)			
				ALT Hammer Curl (25)			