



DATE: 3/13

Format: Blitz

Focus: CHEST/SHOULDERS

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

Reps	Exercise:
:30	Inch Worms
:30	Thumbs Up Raises
:30	Swimmers
:30	Kneeling Side Reach (R)
:30	Kneeling Side Reach (L)
:30	Shoulder 90/90
:30	Cat/Cow

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
8	Incline Chest Press on TC	15	25	35
12	Chest Fly	10	20	30
10	Upright Row	10	20	30
10	Push Press	15	25	35
	**max un-broken push ups			
	.5 on bike			
	Spicy Finisher			
25	LATERAL RAISE			
25	STRICT SHOULDER PRESS			