



DATE: 3/17

Format: T.O.M (Top of the Minute)

Focus: Back/Biceps

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

Reps	Exercise:
:30	Inch Worms
:30	Swimmers
:30	Supermans
:30	Burpee
:30	High Knees
:30	Body Rocks
:30	Crab Toe Touches

Exercise: 30 minutes. T.O.M. stands for "Top of the Minute." Members will have 1 minute to complete the number of reps for each exercise. Whatever time is remaining will be utilized as rest. At the top of the next minute, you will start the next exercise. If the reps or bike protocol aren't finished within the 1-minute time block, then stop that exercise and move on to the next exercise. Decrease weight if the reps can't be completed. Increase weight if it is completed too fast.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
10	MYO Parallel Rows	-	-	-
10	DB Pwr Clean	15	25	30
7	Single Arm Row (ea)	10	20	30
7	Calories on Bike	-	-	-
30	DBLU	-	-	-
15	Curls	10	15	20