



DATE: 3/27
 Format: Blitz
 Focus: ARMS

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

Reps	Exercise:
:30	Blast Off Push Ups
:30	Cat/Cow
:30	Burpee
:30	Butterfly Sit Ups
:30	Shoulder Taps
:30	Thumbs Up Raise
:30	Swimmers

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: **Do each circuit 3x before moving to the bike**	Starting Weight		
		L1	L2	L3
	Hammer Curls (10), MYO Skull Crushers (12)	12/-	15/-	20/-
	Calories on bike (7)			
	Seated Shoulder Press (8), Kickbacks (7)	15/10	25/15	30/20
	Calories on bike (7)			
	HWH Curls (7), Lateral Raises (10)	10/10	15/15	20/20
	Calories on bike (7)			