



DATE: 4/15

Format: 18 > 6

Focus: TOTAL BODY

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

Reps	Exercise:
:30	High Plank Tap Backs
:30	Laying Down shoulder rotation
:30	Hip Bridge Marches
:30	Sprinters Rotation Stretch (R)
:30	Sprinters Rotation Stretch (L)
:30	Shoulder Taps
:30	Burpees

Exercise: 3 rounds. 30 Minute Time Cap. Round (1) is 18 reps, decrease Reps by 6 each round, increase weight each round. Each round you will burn the same number of calories as the reps. Example: Round (1) burn 18 calories. If time remaining after all rounds have been complete, move on to “Spicy Finisher”.

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
18	12	6	Chin Ups	-	-	-
18	12	6	Back Ext on Bosu	-	-	-
18	12	6	American Swings	15	25	35
18	12	6	Kneeling Wall Balls	12	16	20
18	12	6	DB Clean/Press	12	20	25
18	12	6	CALORIES ON BIKE			
			***Spicy Finisher, if time remaining***			
		30	V-Ups			
		30	Full Sit Ups			