



DATE: 4/19

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

Focus: TOTAL BODY

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

| Reps | Exercise: |
|------|-------------------------|
| :30 | Air Squats |
| :30 | Ostrich Walks |
| :30 | Inch Worms |
| :30 | Full Sit Ups |
| :30 | High Knees |
| :30 | Standing Shoulder 90/90 |
| :30 | Swimmers |

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.

| | | Starting Weight | | |
|------|------------------------|-----------------|----|----|
| Reps | Exercise: | L1 | L2 | L3 |
| 15 | Wall Balls | 12 | 16 | 20 |
| 5 | KB Snatch | 15 | 25 | 30 |
| 7 | Push Press | 15 | 25 | 30 |
| 10 | MYO Roll Ins (on BOSU) | - | - | - |
| 12 | Push Ups | - | - | - |
| 10 | Calories on bike | - | - | - |
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