

DATE: 4/21 Format: Blitz

Focus: CHEST/BACK

Warm – Up/Mobility Protocol 7 Mins, 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-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

				Starting Weight		
Reps	Exercise:		L1	L2	L3	
10	Chin Ups		-	-	-	
5	DAB KB Farmer's Walk w/ 5 Deadlift B.E.		15	25	35	
10	Chest Press on TC		15	25	35	
10	ISO Chest Fly		10	20	30	
1.0	Distance on Bike					
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