



DATE: 4/8

Format: Blitz

Focus: TOTAL BODY

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.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
25	Squat Press	15	25	35
25	Calories on bike	-	-	-
25	Decline Sit Up	-	-	-
25	Calories on Bike	-	-	-
25	MYO dips	-	-	-
25	Calories on Bike	-	-	-
25	Bicep Curls	12	15	20
25	Calories on Bike	-	-	