



DATE: 4-6-24

Format: Double Trouble

Warm - Up Protocol

	Exercise:
:30	In & Outs
:30	Squat Drops
:30	Push Ups
:30	Cat/Cow
:30	Spider Climbers

Focus: Chest/Back

Round 1	Round 2	Round 3	Exercise: 25 Min Time Cap. Do 3 rounds of the circuit, then 20 calories of the bike, then 3 rounds of the next circuit. . Increase weight by 5lbs each round. Increase weight by 10lbs if all reps can be performed unbroken. Final round should be MAX EFFORT on EVERY LIFT. If there is additional time, after both rounds have been completed, repeat round 3.
			Circuit A:
12			Incline Chest Press on BOSU
8			Chest Fly on BOSU
30			Push Ups
			20 Calories on Bike
			Circuit B:
10			Pull Ups
10			Single Arm KB Row
12			KB Pullover on Box

Mobility Protocol (8 mins)

Reps	
:50	90/90
:50	Hip Flexor Raise (R)
:50	Hip Flexor Raise (L)
:50	Sprinters Stretch + Rotate (R)
:50	Sprinters Stretch + Rotate (L)
:50	Ankle Grabbers
:50	Sprinter/Hamstring Flow (R)
:50	Sprinter/Hamstring Flow (L)