



DATE: 4-18-24

Format: Double Trouble

Warm - Up Protocol

	Exercise:
:30	B2B Squats
:30	Ostrich Walks
:30	Single Leg Hip Bridge (R)
:30	Single Leg Hip Bridge (L)
:30	1.5 Sumo Squat

Focus: Lower Body

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:
5	5	5	Racked Squat
7	7	7	ALT Front Lunges
7	7	7	Surrenders (ea)
			20 Calories on Bike
			Circuit B:
10	10	10	RDL (KB or DB)
15	15	15	MYO Hamstring Curls
8	8	8	KB Bulgarian Split Squat (ft on box)

Mobility Protocol: 8 mins.

Reps	
:50	Swimmers
:50	Cat/Cow
:50	Lounge Chair/Bridge
:50	Shoulder 90/90
:50	Kneeling Spine Wave
:50	Thumbs Up Raises
:50	Scapula Push Ups
:50	Kneeling Side Reach