



DATE: 6-3-24

Format: Double Trouble

Focus: Total Body

Warm-Up/Mobility Protocol 7 Mins, 2x.

	Exercise:
0:30	Inchworms
0:30	Scapula Push Ups
0:30	Standing Shoulder 90/90
0:30	Burpees
0:30	Sprinter's Rotational Stretch (R)
0:30	Sprinter's Rotational Stretch (L)
0:30	1.5 Sumo Squats

Exercise: 30 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, get "Spicy".

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
			Circuit A:			
15	15	15	Shoulder Press	<15	20-25	30
10	10	10	Pull Ups	-	-	-
8	8	8	MYO Pistol Squat	-	-	-
			20 Calories on Bike			
			Circuit B:			
8	8	8	Chest Press on BOSU	<15	20-30	35
8	8	8	Single Arm Deadlift	<25	30-45	50
8	8	8	ALT OTH Front Lunge	<8	10-15	20
			Spicy Finisher, if time remaining			
		30	DBLU			
		8	Calories on Bike			
		8	Box Jumps			