



DATE: 5-14-24

Format: Double Trouble

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

	Exercise:
0:30	ALT Back Lunges
0:30	Spider Climbers
0:30	Ankle Grabbers
0:30	High Knees
0:30	Ostrich Walks
0:30	Sprinters Lunge (R)
0:30	Sprinters Lunge (L)

Focus: Lower Body

Round 1	Round 2	Round 3	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. <b>Final round should be MAX EFFORT on EVERY LIFT.</b> If there is additional time, after both rounds have been completed, get "Spicy".
			Circuit A:
10	10	10	Racked Step Ups
10, 5	10, 5	10, 5	Goblet Squat **Drop Set**
12	12	12	Box Jumps
			20 Calories on Bike
			Circuit B:
8	8	8	ALT Wall Ball Lunges
5	5	5	1:3 ALT Surrender/RDL
10	10	10	KB Goblet Sumo Squat
			*** Spicy Finisher, if time remaining ***
7	7	7	DBL KB Racked Squats
7	7	7	TTB