



DATE: 5-28-24

Format: Royal Flush

Focus: Total Body

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

Reps	Exercise:
:30	Inchworms
:30	Ostrich Walks
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Burpees
:30	Ankle Grabbers
:30	ALT 90/90

Reps	Exercise: 30 min time cap. Before starting "The Hand" you must first complete the buy in. Once you complete the buy in, complete "The Hand" two times before moving on to the "Cash Out." The goal is to complete the buy in, two rounds of the hand, and the cash out within 30 minutes. **Increase the weight on the second round of "The Hand" if you're able to complete the reps unbroken.
	Buy In
30	Calories on Bike
15	1:1 DBL KB Clean/KB Racked Squat
	The Hand
10	Chin Ups
11	Racked Back Lunge
12	1:1 Straight Arm Sit-Ups/Seated Shoulder Press
13	Bicep Curls
14	American KB Swings
	Cash Out
30	Wallballs
1.5	Distance on Bike