



DATE: 7-2-24

Format: Double Trouble

Focus: Chest/Back

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

	Exercise:
0:30	Shoulder Taps
0:30	Swimmers
0:30	ALT Supermans
0:30	Push Ups
0:30	Thumbs Up Raise
0:30	ALT T-Rotation
0:30	Kneeling Spine Wave

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:			
10	10	10	1:1 Chest Press/Wipers	15	25	35
12	12	12	Push Ups, ft on TC	-	-	-
12	12	12	ISO Chest Fly on TC	12	25	30
			20 Calories on Bike			
			Circuit B:			
4	4	4	DAB KB Farmers Walk w 3 Deadlift B.E.	15	25	35
10	10	10	Pull Ups	-	-	-
12	12	12	TTB	-	-	-
			Spicy Finisher, if time remaining			
		25	Butterfly Sit Ups	-	-	-
		50	DBLU	-	-	-