



DATE: 6-13-24

Format: Royal Flush

Focus: Lower Body

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

Reps	Exercise:
:30	ALT Back Lunges
:30	Sprinter's Rotational Stretch (R)
:30	Sprinter's Rotational Stretch (L)
:30	Ankle Grabbers
:30	Heel Kicks
:30	Ostrich Walks
:30	ALT 90/90

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.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
	Buy In			
1.5	Distance on Bike			
15	ALT Front Lunges	15	25	35
	The Hand			
10	Box Jumps			
11	MYO Pistol Squats			
12	Bulgarian Split Squat on Box w KB	15	25	35
13	OTH Surrenders	8	15	20
14	SB Good Mornings	Lt	Hvy	Hvy
	Cash Out			
25	Calories on Bike			
50	B2B Squats			