



DATE: 6-22-24

Format: Double Trouble

Focus: Upper Body

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

	Exercise:
0:30	Inch Worm/Push Up
0:30	ALT Supermans
0:30	Thumbs Up Raises
0:30	Butterfly Sit Ups
0:30	Shoulder 90/90
0:30	Sprinter's Rotational Stretch (R)
0:30	Sprinter's Rotational Stretch (L)

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 circuits have been completed, get "Spicy".

Reps				Starting Weight		
Round 1	Round 2	Round 3	Exercise:	L1	L2	L3
			Circuit A:			
12	12	12	Incline Push Ups (ft on box)	-	-	-
8	8	8	Single Arm Chest Press on TC	10	20	30
12	12	12	Incline Chest Fly on TC	15	25	35
20	20	20	DB Shoulder Press	10	20	30
			20 Calories on Bike			
			Circuit B:			
15	15	15	MYO High Row	-	-	-
10	10	10	Pull Ups	-	-	-
12	12	12	MYO Muscle Ups	-	-	-
20	20	20	KB Upright Row	20	30	40
			***Spicy Finisher ***			
			Burpees, AMAP with time remaining			