



DATE: 7-11-24

Format: Royal Flush

Focus: Chest/Abs

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

Reps	Exercise:
:30	Body Rocks
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inchworm/Push Up
:30	Swimmers
:30	Shoulder 90/90
:30	Cat/Cow

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			
50	Push Ups	-	-	-
50	DBLU	-	-	-
	The Hand			
10	Butterfly Sit Ups	-	-	-
11	Incline Chest Press on BOSU	20	30	40
12	Decline Sit Ups	-	-	-
13	ISO Chest Fly on BOSU	15	20	25
14	MYO Roll Ins	-	-	-
	Cash Out			
30	Calories on Bike			
30	Diamond Push Ups	-	-	-