



DATE: 7-18-24

Format: Double Trouble

Focus: Arms/Abs

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

	Exercise:
0:30	Crab Toe Touches
0:30	Full Sit Ups
0:30	1:1 Inch Worm/Push Up
0:30	Body Rocks
0:30	Leg Lifts
0:30	Blast Off Push Ups
0:30	Jack Knives

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:			
20	20	20	Triceps Push Ups	-	-	-
10	8	6	OTH Extension	15	25	35
12	12	12	MYO Skull Crushers	-	-	-
12	12	12	MYO Roll Ins	-	-	-
			20 Calories on Bike			
			Circuit B:			
10	8	6	Spider Curls	10	15	20
10	8	6	ALT Hammer Curls	12	20	25
10	8	6	Concentration Curls	10	15	20
15	15	15	V-Ups	-	-	-