



DATE: 7-23-24

Format: Royal Flush

Focus: Chest/Bis

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

Reps	Exercise:
:30	Shoulder 90/90
:30	Hand Release Push Ups
:30	ALT T-Rotation
:30	Swimmers
:30	Double Pump Burpee
:30	Scapular Push Ups (on knees)
:30	High Plank Toe Touches

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	-	-	-
30	MYO Bicep Curls	-	-	-
	The Hand			
10	Single Arm Chest Press on BOSU	20	30	40
11	ALT Bicep Curls	12	15	20
12	Decline Chest Press on BOSU	20	30	40
13	Reverse MYO Chest Press	-	-	-
14	Hammer Curls	15	20	25
	Cash Out			
2 miles	Distance on Bike			