



DATE: 7-30-24

Format: Double Trouble

Focus: Triceps/Abs

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

| | |
|------|-------------------------|
| | Exercise: |
| 0:30 | Swimmers |
| 0:30 | Hand on Head Twist |
| 0:30 | Thumbs Up Raises |
| 0:30 | Cat/Cow |
| 0:30 | Kneeling Side Reach (R) |
| 0:30 | Kneeling Side Reach (L) |
| 0:30 | Scapular Push Ups |

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 1: | | | |
| 15 | 15 | 15 | MYO Dips | - | - | - |
| 12 | 12 | 12 | MYO Skull Crushers | - | - | - |
| 10 | 10 | 10 | TTB | - | - | - |
| 10 | 10 | 10 | MYO Roll Outs | - | - | - |
| | | | | | | |
| | | | | | | |
| 20 | | | Calories on Bike OR Burpees | | | |
| | | | Circuit 2: | | | |
| 15 | 15 | 15 | DB Kickbacks | 12 | 15 | 20 |
| 10 | 10 | 10 | Straight Arm Sit Ups | 12 | 15 | 20 |
| 8 | 8 | 8 | OTH Ext | 15 | 25 | 30 |
| 12 | 12 | 12 | Russian Twists | 15 | 25 | 30 |
| | | | | | | |
| | | | Repeat each circuit(s) over if time allows | | | |