



DATE: 8-22-24

Format: Royal Flush

Focus: Total Body

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

Reps	Exercise:
:30	Air Squats
:30	Ostrich Walks
:30	Inch Worms
:30	ALT 90/90
:30	High Knees
:30	Standing Shoulder 90/90
:30	Swimmers

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			
1 mile	Distance on Bike			
20	Burpees			
	The Hand			
10	Wall Balls	12	16	20
11	Box Jumps	-	-	-
12	1:1 DBL KB Clean/DBL KB Press	15	20	25
13	TTB			
14	Racked Squats	15	25	35
	Cash Out			
1 mile	Distance on Bike			
20	Burpees			