



DATE: 8-8-24

Format: Royal Flush

Focus: Total Body

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

Reps	Exercise:
:30	Body Rocks
:30	Shoulder 90/90
:30	Cat/Cow
:30	Supermans
:30	Swimmers
:30	Thread the Needle (R)
:30	Thread the Needle (L)

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			
25	Swing Snatch	15	25	35
30	Bent Over Row	15	25	35
1 mile	Distance on Bike			
	The Hand			
10	Warrior Press on BOSU (ea)	15	25	35
11	Calories on Bike			
12	MYO B2G Rows	-	-	-
13	DBL KB Racked Squats	15	25	35
14	DBL KB Press	15	25	35
	Cash Out			
25	Pike Push Up on Box	-	-	-
25	Pull Ups	-	-	-
50	DBLU	-	-	-