



DATE: 9-3-24

Format: Double Trouble

Focus: Chest/Triceps

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

| | |
|------|-----------------------|
| | Exercise: |
| 0:30 | Blast Off Push Ups |
| 0:30 | Swimmers |
| 0:30 | Thumbs Up Raises |
| 0:30 | Shoulder Taps |
| 0:30 | Shoulder 90/90 |
| 0:30 | Thread the Needle (R) |
| 0:30 | Thread the Needle (L) |

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: | | | |
| 12 | 12 | 12 | Incline Chest Press on TC | 20 | 30 | 40 |
| 25 | 25 | 25 | Push Ups | - | - | - |
| 15 | 15 | 15 | Chest Fly on TC | 15 | 20 | 30 |
| | | | 20 Calories on Bike | | | |
| | | | Circuit B: | | | |
| 15 | 15 | 15 | MYO Skull Crushers | - | - | - |
| 8 | 8 | 8 | Triceps DB Press | 20 | 25 | 30 |
| 10 | 10 | 10 | Triceps Push Ups | - | - | - |
| 10 | 10 | 10 | MYO Dips | - | - | - |
| | | | | | | |
| | | | ***Spicy Finisher, if time remaining*** | | | |
| | | 50 | Push Ups | | | |
| | | 1.0 | Distance on Bike | | | |