



DATE: 10-12-24

Format: Royal Flush

Focus: Chest

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

Reps	Exercise:
:30	Scapular Push Ups (on knees)
:30	Butterfly Sit Ups
:30	Thumbs Up Raises
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	Shoulder 90/90
:30	ALT V-Ups

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
	<b>**Buy In**</b>			
40	Calories on Bike			
40	MYO Skull Crushers			
	<b>**The Hand**</b>			
10	Incline Single Arm Chest Press (BOSU or TC)	20	30	40
11	DB Chest Scoops ( Kneeling)	10	12	15
12	Incline Chest Fly (BOSU or TC)	15	25	35
13	MYO Chest Press (hands even with rig)	-	-	-
14	Hand Release Push Ups	-	-	-
	<b>**Cash Out**</b>			
30	Box Jumps			
30	Diamond Push Ups			