



DATE: 10-1-24

Format: Double Trouble

Focus: Arms

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

	Exercise:
0:30	Crab Toe Touches
0:30	Full Sit Ups
0:30	1:1 Inchworm/Push Up
0:30	Body Rocks
0:30	Leg Raises
0:30	Blast Off Push Ups
0:30	Jack Knives

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.

Reps			Starting Weight			
Round 1	Round 2	Round 3	Exercise:	L1	L2	L3
			Circuit A: **Add weight each round**			
15	12	10	ALT Skull Crushers	12	15	20
15	15	15	MYO Bicep Curls	-	-	-
0.3	0.3	0.3	Distance on Bike			
10	10	10	MYO Dips	-	-	-
8	8	8	Bicep Curls *heavy*	15	20	25
			20 Calories on Bike			
			Circuit B: **Add weight each round**			
15	12	10	Kickbacks	8	10	12
15	12	10	ALT Hammer Curls	10	15	20
0.3	0.3	0.3	Distance on Bike			
8	8	8	Triceps DB Press *heavy*	20	25	30
8	8	8	Spider Curls	12	15	20