



DATE: 10-22-24

Format: Royal Flush

Focus: Lower Body

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

| Reps | Exercise:             |
|------|-----------------------|
| :30  | Ostrich Walks         |
| :30  | Standing Hip Cars (R) |
| :30  | Standing Hip Cars (L) |
| :30  | Hip Bridge Marches    |
| :30  | Kneeling Spine Wave   |
| :30  | ALT T-Rotation        |
| :30  | Ankle Grabbers        |

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>                                |                 |    |    |
| 50     | B2Ball Squats                                    |                 |    |    |
| 1 mile | Distance on Bike                                 |                 |    |    |
|        |  |                 |    |    |
|        | <b>**The Hand**</b>                              |                 |    |    |
| 10     | Wallballs  | 12              | 16 | 20 |
| 11     | DB Step Ups                                      | 10              | 15 | 25 |
| 12     | ALT Front Lunge                                  | 10              | 15 | 25 |
| 13     | MYO Hamstring Curls                              | -               | -  | -  |
| 14     | Sumo Squats, racked                              | 15              | 20 | 25 |
|        |  |                 |    |    |
|        | <b>**Cash Out**</b>                              |                 |    |    |
| 15     | Bulgarian Split Squat on Box (ea), with KB or DB | 15              | 25 | 35 |
| 1 mile | Distance on Bike                                 |                 |    |    |
|        |  |                 |    |    |