



DATE: 10-29-24

Format: Double Trouble

Focus: Total Body

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

	Exercise:
0:30	Sprinter's Rotational Stretch (R)
0:30	Sprinter's Rotational Stretch (L)
0:30	Scapular Push Ups
0:30	Ankle Grabbers
0:30	ALT 90/90
0:30	High Plank Toe Touch
0:30	Shoulder 90/90

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			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
			Circuit A:			
12	10	8	Squat Press	15	25	30
8	8	8	Single Arm KB Russian Swing	25	35	45
8	8	8	KB Statue of Liberty	15	20	25
20	20	20	Butterfly Sit Ups	-	-	-
			20 Calories on Bike			
			Circuit B:			
15	15	15	Wallballs	12	16	20
12	12	12	Chin Ups	-	+1	+2
4	4	4	Turkish Get Up	15	20	25
20	15	10	Lateral Raises	10	12	15