



DATE: 9-10-24

Format: Royal Flush

Focus: Lower Body/Shoulders

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

Reps	Exercise:
:30	Air Squats
:30	Ostrich Walks
:30	Inch Worms
:30	Full Sit Ups
:30	High Knees
:30	Standing Shoulder 90/90
:30	Swimmers

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
	Buy In			
1.0	Distance on Bike			
20	SB Lateral Drags	Lt	Hvy	Hvy
	The Hand			
10	Squat/Press	15	25	35
11	American KB Swings	30	40	50
12	Wall Balls	12	16	20
13	Pike Push Ups	-	-	-
14	1:1 Dbl KB Clean/Dbl KB Racked Squat	15	20	25
	Cash Out			
50	B2Ball Squats			
30	Calories on Bike			