



DATE: 9-28-24

Format: Royal Flush

Focus: Chest/Back

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

Reps	Exercise:
:30	Inchworms
:30	Body Rocks
:30	Swimmers
:30	Kneeling Side Reach (R)
:30	Kneeling Side Reach (L)
:30	Shoulder 90/90
:30	Cat/Cow

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			
30	Push Ups			
20	Pull Ups			
1.0	Distance on Bike			
	The Hand			
10	KB Gorilla Rows	20	30	40
11	Incline Chest Press (BOSU or TC)	20	30	40
12	MYO High Row	-	-	-
13	Incline Chest Fly (BOSU or TC)	15	20	25
14	KB Deadlift/Shrug	30	40	50
	Cash Out			
30	Push Ups			
20	Pull Ups			
1.0	Distance on Bike			