



DATE: 11/25

Format: Royal Flush

Focus: Chest/Back

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

Reps	Exercise:
:30	Scapula Push Ups (on Knees)
:30	Butterfly sit ups
:30	Thumbs Up Raises
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	Shoulder 90/90
:30	Alt V-Ups

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			
50	Push Ups			
	2 Miles on the bike			
	The Hand			
10	ALT Chest Press on TC (ea)	<15	25	35
11	Pike Push Ups (ft on box)	-	-	-
12	Pull Ups	-	-	-
13	Gorilla Rows	<15	25	35
14	MYO Muscle Ups	-	-	-
	Cash Out			
30	Chin Ups			
	2 Miles on Bike			