



DATE: 11-7-24

Format: Double Trouble

Focus: Total Body

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

	Exercise:
0:30	Inchworms
0:30	Ostrich Walks
0:30	Sprinter's Rotational Stretch (R)
0:30	Sprinter's Rotational Stretch (L)
0:30	Burpees
0:30	Ankle Grabbers
0:30	Push Ups

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.** If there is additional time, after both rounds have been completed, get "Spicy".

Reps			Exercise:	Starting Weight		
Round 1	Round 2	Round 3		L1	L2	L3
			Circuit A:			
15	12	10	1:1 DBL KB Clean/DBL KB Press	15	25	30
10	10	10	Chin Ups	-	-	-
20	15	10	American KB Swings	25	35	45
15	15	15	Bicep Curls	15	20	25
			20 Calories on Bike			
			Circuit B:			
10	10	10	OTH Back Lunge	10	15	20
12	12	12	1:1 Straight Arm Sit Ups/Seated Shoulder Press	10	15	20
20	15	10	KB Upright Row	20	30	40