



DATE: 12/7

Format: Double Trouble

Focus: LEGS

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

	Exercise:
0:30	ALT Kneeling 90/90
0:30	Ankle Grabbers
0:30	Elephant Walks
0:30	Ostrich Walk
0:30	Seated Hip Flexor Raises
0:30	Standing Hip Cars
0:30	Yo-Yo

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:			
12	10	8	ALT Surrender	<15	20	30
12	10	8	Racked Squat	<20	30	40
12	10	8	(DB or KB) Bulgarian Split Squat (ft on box)	<15	20	30
			20 Calories on Bike			
			Circuit B:			
15	12	10	Heels Up RDL	<15	25	35
15	12	10	ALT Front Lunge (ea)	<15	20	30
25	25	25	Air Squat	-	-	-
			Spicy Finisher, if time remaining			
			MAX NUMBER OF RACKED SQUATS W/ RD 3 WEIGHT			

