



DATE: 12/21

Format: Royal Flush

Focus: Total Body

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

Reps	Exercise:
:30	Inch Worms
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	Push Ups
:30	Laying Down Shoulder Rotation
:30	Air Squats
:30	Alt Front Lunges

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 Mile on Bike			
	20 Burpees			
	The Hand			
10	Alt Front Lunges	8	15	20
11	Single Arm Squat/Upright Row (ea)	15	25	35
12	Box Jumps	-	-	-
13	ALT Russian Swings (ea)	25	35	45
14	Squat Press	15	25	35
	Cash Out			
	25 DB Cleans	20	30	40
	1 Mile on bike			