



DATE: 12/26

Format: Double Trouble

Focus: Arms/Abs

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

	Exercise:
0:30	Blast Off Push Ups
0:30	Cat/Cow
0:30	Burpee
0:30	Butterfly Sit Ups
0:30	Shoulder Taps
0:30	Thumbs Up Raise
0:30	Swimmers

Exercise: 30 Min Time Cap. Do 3 rounds of the circuit with 10 calories on the bike at the end of each round. 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	10	5	2:1 DB Press/Skull Crusher	10	15	20
15	10	5	MYO Dips	-	-	-
15	10	5	OTH Ext	15	20	25
15	10	5	Weighted Sit Ups	15	20	25
			10 Calories on Bike at the end of every round			
			Circuit B:			
15	10	5	MYO Curls	-	-	-
15	10	5	Hammer Curls	10	15	20
5	4	3	HWH Curls	10	15	20
15	15	15	Wipers	20	30	40
			***Spicy Finisher, if time remaining***			
			Repeat a circuit**			

