



DATE: 2/3

Format: Double Trouble

Focus: TOTAL BODY

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

	Exercise:
0:30	Inch Worms
0:30	Thread the Needle (R)
0:30	Thread the Needle (L)
0:30	Push Ups
0:30	Laying Down Shoulder Rotation
0:30	Air Squats
0:30	Alt Front Lunges

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	8	5	Swing Snatch	15	25	30
15	8	5	KB Gorilla Row	15	25	30
15	8	5	Pull Ups	-	-	-
			20 Calories on Bike			
			Circuit B:			
12	8	6	ALT OTH Back Lunge	10	15	20
12	8	6	Racked Step Ups	10	15	20
12	8	6	KB Bulgarian Lunge	10	20	30
			Spicy Finisher, if time remaining			
			Complete both circuits 1 more time w/ rd 3 reps			