



DATE: 1/27

Format: Royal Flush

Focus: Legs/Abs

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

Reps	Exercise:
:30	Alt 90/90
:30	Ankle Grabbers
:30	Mt Climbers
:30	Hip Airplanes (R)
:30	Hip Airplanes (L)
:30	Hip Bridge Marches
:30	Ostrich Walks

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
	<b>**Buy In**</b>			
20	ALT Back Lunges	12	20	25
	1 Mile on Bike			
	<b>**The Hand**</b>			
10	1:1 Racked Squats/ALT racked Step Ups	12	15	20
11	OTH Split Squat (ea)	12	15	20
12	RDL	20	30	40
13	Single Leg Stand Up (weighted)	10	15	20
14	Bottoms Up KB Goblet Squat	15	25	35
	<b>**Cash Out**</b>			
20	ALT Back Lunges	12	20	25
	1 Mile on Bike			