



DATE: 1/18

Format: Royal Flush

Focus: Lower Body

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

Reps	Exercise:
:30	Sumo Squats
:30	Ankle Grabbers
:30	Sprinter's rotational Stretch (R)
:30	Sprinter's rotational Stretch (L)
:30	Ostrich Walks
:30	Hip 90/90
:30	Spider Climbers

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			
20	Calories on Bike			
30	Wall Balls	12	16	20
	The Hand			
10	Racked Squat	15	25	35
11	ALT Front Lunges	15	25	35
12	Surrenders	15	25	35
13	RDL	20	30	40
14	MYO Hamstring Culrs	-	-	-
	Cash Out			
	2 Miles on Bike			
25	KB Bulgarian Split Squat (ft on box)	15	20	25