



DATE: 1/25

Format: Double Trouble

Focus: TOTAL BODY

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

	Exercise:
0:30	High Plank Tap Backs
0:30	Laying Down shoulder rotation
0:30	Hip Bridge Marches
0:30	Sprinters Rotation Stretch (R)
0:30	Sprinters Rotation Stretch (L)
0:30	Shoulder Taps
0:30	Burpees

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:			
8	8	8	1:1 KB Clean/Back Lunge	15	20	25
3	3	3	Turkish Get Ups	10	15	20
12	12	12	MYO Dips	-	-	-
			20 Calories on Bike			
			Circuit B:			
10	10	10	Weighted Box Jumps	-	8	12
8	8	8	Stone Squat	LT	LT	HVY
20	20	20	Wall Ball	12	16	20
			***Spicy Finisher, if time remaining***			