



DATE: 1/7

Format: Double Trouble

Focus: Total Body

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

	Exercise:
0:30	Inchworms
0:30	Ostrich Walks
0:30	Sprinter's rotational stretch (R)
0:30	Sprinter's rotational stretch (L)
0:30	Burpee
0:30	Ankle Grabbers
0:30	Push Ups

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	15	15	15 Swing Snatch	<15	20-30	35+
30	30	30	30 DBLU	-	-	-
10	10	10	10 Box Jumps	-	-	-
12	12	12	12 TTB	-	-	-
			20 Calories on Bike			
			Circuit B:			
15	15	15	15 Squat Press (w/ KB)	<15	20-30	35+
15	15	15	15 Butterfly Sit Ups	-	-	-
20	20	20	20 Curls	<10	12-20	25+
6	7	8	6 OTS Stone Toss	Lt	Lt	Hvy
			Spicy Finisher, if time remaining			
			Max Curl w/ remaining time.	<10	12-20	25+