



DATE: 2/11

Format: Royal Flush

Focus: BACK/TRI

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

Reps	Exercise:
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	1:1 Inch worm/Push Up
:30	Swimmers
:30	Shoulder 90/90
:30	Cat/Cow
:30	Supermans

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. Repeat “The Hand” if additional time remains.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
	Buy In			
25	Pull Ups	-	-	-
30	Skull Crushers	12	20	25
	The Hand			
10	Chin Ups	-	-	-
11	MYO Dips	-	-	-
12	DBL KB Rows	15	20	30
13	DB TricepS Press	15	25	35
14	MYO Parallel Rows	-	-	-
	Cash Out			
	3 Miles on Bike			
20	Burpees			

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