



DATE: 3/22

Format: Double Trouble

Focus: CHEST/BACK

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

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|------|---------------------|
| | Exercise: |
| 0:30 | Shoulder Taps |
| 0:30 | Swimmers |
| 0:30 | Alt Supermans |
| 0:30 | Push Ups |
| 0:30 | Thumbs Up Raise |
| 0:30 | ALT T Rotation |
| 0:30 | Kneeling Spine wave |

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 | 12 | 10 | Incline Chest Press on TC | 15 | 25 | 35 |
| 15 | 12 | 10 | Chest Fly on TC | 10 | 20 | 30 |
| 30 | 30 | 30 | Push Ups | - | - | - |
| | | | 20 Calories on Bike | | | |
| | | | Circuit B: | | | |
| 15 | 12 | 10 | Pull Ups | - | - | - |
| 15 | 12 | 10 | Single ARM KB Row | 15 | 25 | 35 |
| 15 | 12 | 10 | KB Pull Over on Box | 15 | 25 | 35 |
| | | | | | | |
| | | | | | | |
| | | | ***Spicy Finisher, if time remaining*** | | | |
| | | | MAX # OF CHIN UP IN REMAINING TIME | | | |
| | | | | | | |