



DATE: 3/31

Format: Double Trouble

Focus: CHEST/ABS

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

	Exercise:
0:30	Jumping Jacks
0:30	Inch Worms + T-rotation
0:30	Full Sit Ups
0:30	ALT 90/90
0:30	Swimmers
0:30	Push Ups
0:30	In-outs

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	Chest Press on TC	15	25	35
15	15	15	Push Ups (ft in MYO)	-	-	-
20	15	10	MYO Knee Tucks	-	-	-
			20 Calories on Bike			
			Circuit B:			
15	15	15	Chest Fly on TC	12	20	25
12	10	10	1:1 Push Up/Shoulder Tap	-	-	-
15	15	15	Weighted Sit Ups	12	20	25
			Spicy Finisher, if time remaining			
			**MAX PUSH UPS IN REMAINING TIME			