



DATE: 3/24

Format: Royal Flush

Focus: Total Body

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

Reps	Exercise:
:30	Inchworms
:30	Ostrich Walks
:30	Sprinter's rotational stretch (R)
:30	Sprinter's rotational stretch (L)
:30	Burpee
:30	Ankle Grabbers
:30	ALT 90/90

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
	<b>**Buy In**</b>			
50	Calories on bike			
15	1:1 DBL KB Clean/Rack Squat	15	20	25
	<b>**The Hand**</b>			
10	Chin Ups	-	-	-
11	Racked Back Lunge	10	15	20
12	1:1 Straight Arm Sit Ups/Seated Shoulder Press	10	15	20
13	Bicep Curls	10	15	20
14	American Swings	15	30	40
	<b>**Cash Out**</b>			
30	Wall Ball	12	16	20
	Distance on Bike (1.5)			