



DATE: 4/12

Format: Royal Flush

Focus: TOTAL BODY

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

Reps	Exercise:
:30	Thread the Needle (R)
:30	Thread the Needle (L)
:30	Alt Front Lunges
:30	Inch Worms
:30	Air Squats
:30	Push Ups
:30	Laying Down Shoulder Rotation

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			
20	Calories on Bike			
20	Devil's Press	10	15	20
	The Hand			
10	Incline Chest Press on TC	15	25	35
11	Pull Ups	-	-	-
12	American Swings	20	30	40
13	TTB	-	-	-
14	Pike Push Ups (ft on Box)	-	-	-
	Cash Out			
20	Calories on Bike			
20	Devil's Press	10	15	20