



DATE: 4/17

Format: Double Trouble

Focus: LEGS

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

	Exercise:
0:30	ALT back lunges
0:30	Spider Climbers
0:30	Ankle Grabbers
0:30	High Knees
0:30	Ostrich Walks
0:30	Sprinters Lunge (R)
0:30	Sprinters lunge (L)

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:			
12	12	10	Racked Step Ups (EA)	10	15	20
12:6	10:5	10:5	Goblet Squat **Drop Set**	20	30	40
15	12	10	Box Jumps	-	-	-
			20 Calories on Bike			
			Circuit B:			
10	8	8	Wall Ball Lunges (EA)	12	16	20
5	5	5	1:3 ALT Surrender/RDL	10	15	20
15	10	12	KB Goblet Sumo Squat	15	25	35
			Spicy Finisher, if time remaining			
		7	DBL KB Racked Squat			
		30	DBLU			