



DATE: 4/22

Format: Royal Flush

Focus: LOWER BODY

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

Reps	Exercise:
:30	ALT Back Lunges
:30	Sprinters Rotational Stretch (R)
:30	Sprinters Rotational Stretch (L)
:30	Ankle Grabbers
:30	Heel Kicks
:30	Ostrich Walks
: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>			
1.5	Distance on bike			
15	ALT Front Lunges	10	20	30
	<b>**The Hand**</b>			
10	Box Jumps	-	-	-
11	MYO Pistol Squats (EA)	-	-	-
12	KB Bulgarian Lunges	15	25	35
13	OTH Surrenders	10	15	20
14	RACKED SQUATS			
	<b>**Cash Out**</b>			
25	Calories on Bike			
50	B2B Squats			