**10 for 10**

**HYBRID** – AMRAP = 36.40 MIN

(Complete 10 reps of each exercise / complete as many rounds as possible within the 10 mins x 3)

1 min rest at each half way point (5 mins) – 1min 30 recovery after each section

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| --- |
| Warm up – 3-5 mins |
| 1. **CARDIO –**
2. **COMPOUND –**
3. **PLYOMETRIC –**
4. **CORE/ABS –**
 |
| 1 min rest at each 5 min block1 min 30 recovery after each complete section |
| 1. **CARDIO –**
2. **COMPOUND –**
3. **PLYOMETRIC –**
4. **CORE/ABS –**
 |
| 1 min rest at each 5 min block1 min 30 recovery after each complete section |
| 1. **CARDIO –**
2. **COMPOUND –**
3. **PLYOMETRIC –**
4. **CORE/ABS –**
 |
| 1 min rest at each 5 min block1 min 30 recovery after each complete section  |
| Cool down & stretch – 3-5 mins |