**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

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