



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** – Sprints – max effort for slow 10 secs
- 2. COMPOUND** – Squat & upright row
- 3. PLYOMETRIC** – Long jump & jog back
- 4. CORE/ABS** – Plank – slow 10 sec hold

1 min rest at each 5 min block
1 min 30 recovery after each complete section

- 1. CARDIO** – Spin sprints – max effort for slow 10 secs
- 2. COMPOUND** – Lunge & Bicep curl – alternate sides
- 3. PLYOMETRIC** – Walking push ups
- 4. CORE/ABS** – Side plank – slow 10 sec hold – alternate sides

1 min rest at each 5 min block
1 min 30 recovery after each complete section

- 1. CARDIO** – Burpee slam ball
- 2. COMPOUND** – Squat & press
- 3. PLYOMETRIC** – Step up & Squat jump off
- 4. CORE/ABS** – Flutter kicks – slow 10 sec kicks

1 min rest at each 5 min block
1 min 30 recovery after each complete section

Cool down & stretch – 3-5 mins