



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** – Spin sprints – max effort for slow 10 secs
- 2. COMPOUND** – Renegade push up & Rows
- 3. PLYOMETRIC** – Step up – knee – back – lunge – alternate sides
- 4. CORE/ABS** – Partner bell pass Russian twist

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

- 1. CARDIO** – Sprints – max effort for slow 10 secs
- 2. COMPOUND** – Squat & Upright row
- 3. PLYOMETRIC** – Partner alternating vertical jump
- 4. CORE/ABS** – Partner sit up and pass ball

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

- 1. CARDIO** – Spin HILL quick – Max effort for a slow 10 secs
- 2. COMPOUND** – Bent over row into hammer curl
- 3. PLYOMETRIC** – Team slam ball – one slams / one squat jumps – alternate per round
- 4. CORE/ABS** – Bell swing

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

Cool down & stretch – 3-5 mins