



10 FOR 10

STRENGTH – 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. COMPOUND** – Bell alternating arm swing
- 2. UPPER** – Push up & shoulder tap
- 3. LOWER** – Long jump & backwards jog back
- 4. CORE/ABS** – Plank with arm reach

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

- 1. COMPOUND** – Bell swing & pause up
- 2. UPPER** – Inch worm & crossover ankle tap
- 3. LOWER** – Jumping alternating lunges
- 4. CORE/ABS** – Leg raises

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

- 1. COMPOUND** – Bell swing & squat
- 2. UPPER** – Push up & superman
- 3. LOWER** – Squat jacks
- 4. CORE/ABS** – Side plank dips (change sides)

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

Cool down & stretch – 3-5 mins