



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** – Deadlift & Clean
- 2. UPPER** – Step push ups
- 3. LOWER** – Squat & vertical jump
- 4. CORE/ABS** – V sits knee tucks

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

- 1. COMPOUND** – Single side bell deadlift – alternate sides
- 2. UPPER** – Inch worm
- 3. LOWER** – Jumping lunge & knee – alternate sides
- 4. CORE/ABS** – Leg scissors

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

- 1. COMPOUND** – Slam ball & burpee
- 2. UPPER** – Renegade push up rows
- 3. LOWER** – Single leg wall squat – 10 sec count – alternate sides
- 4. CORE/ABS** – Side plank rotations (change sides)

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

Cool down & stretch 3-5 mins