



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** – Pec fly & chest press
- 3. LOWER** – Squat Slow ½ reps up
- 4. CORE/ABS** – Alternating toe reaches

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 & jack
- 3. LOWER** – Single leg - step pelvic lifts - weighted
- 4. CORE/ABS** – Heel taps

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

- 1. COMPOUND** – Partner Slam ball & burpee – alternate people
- 2. UPPER** – Renegade Just rows
- 3. LOWER** – Single leg wall squat – 10 sec count – alternate sides
- 4. CORE/ABS** – Side to side boxing crunches

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

Cool down & stretch 3-5 mins