



5X5 'EXTREME' STRENGTH LOWER

60/20 – 1min 20 recovery X 5 rounds (6:40 per section) – AMRAP = 37 MIN
Complete as a circuit – 1 of each before recovery & repeat x 5

Warm up – 3-5 min	
High energy exercise	Spin 80+% effort
20 sec rest period	
High energy exercise	Squat and vertical jumps
20 sec rest period	
High energy exercise	Step ups
20 sec rest period	
High energy exercise	Running 80+% effort
20 sec rest period	
High energy exercise	Forward lunge with rotation – alternate sides
1.20 min recovery after each circuit	
Cool down & stretch – 3-5 min	