



5X5 'EXTREME' STRENGTH TOTAL

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 | Chest Press |
| 20 sec rest period | |
| High energy exercise | Squat ½ rep up Pulses |
| 20 sec rest period | |
| High energy exercise | Pin Bike – Extreme Hill |
| 20 sec rest period | |
| High energy exercise | Deadlift – Clean & Press |
| 20 sec rest period | |
| High energy exercise | Bicep curl into Arnie press |
| 1.20 min recovery after each circuit | |
| Cool down & stretch – 3-5 min | |