



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	Incline Chest Press twist
20 sec rest period	
High energy exercise	Crab walks
20 sec rest period	
High energy exercise	Spin Bike – Extreme Hill
20 sec rest period	
High energy exercise	Lunge hold & 5 side raise – alternate sides
20 sec rest period	
High energy exercise	Burpee T
1.20 min recovery after each circuit	
Cool down & stretch – 3-5 min	