



5X5 'EXTREME' STRENGTH UPPER

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	Slam Ball
20 sec rest period	
High energy exercise	Inch worm & 3 Push ups
20 sec rest period	
High energy exercise	Bell alternating arm swing
20 sec rest period	
High energy exercise	Dumbbell snatch – alternate sides
20 sec rest period	
High energy exercise	Tricep dips while spinning
1.20 min recovery after each circuit	
Cool down & stretch – 3-5 min	