

**6 6 6**

45/15 – 1min recovery X 6 rounds – AMRAP = 39.50 MIN

Complete as a circuit – 1 of each before recovery & repeat x 6

**6** exercises – **6** min to complete 1 full circuit – **6** circuits to complete

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| Warm up – 3 min | |
| Cardio |  |
| 15 sec rest period | |
| Upper Body |  |
| 15 sec rest period | |
| Cardio |  |
| 15 sec rest period | |
| Lower Body |  |
| 15 sec rest period | |
| Cardio |  |
| 15 sec rest period | |
| Core/Abs |  |
| **1 min recovery (45 sec + the 15 sec rest) after each circuit** | |
| Cool down & stretch – 3 min | |