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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

Warm up – 3 min	
Cardio	Aiming for 80%+ effort
15 sec rest period	
Upper Body	1. Step press & fly 2. Standing row & reverse fly Alternate exercises per circuit
15 sec rest period	
Cardio	Aiming for 80%+ effort
15 sec rest period	
Lower Body	Bell single side deadlifts Alternate sides per circuit
15 sec rest period	
Cardio	Aiming for 80%+ effort
15 sec rest period	
Core/Abs	Weighted crunches
1 min recovery (45 sec + the 15 sec rest) after each circuit	
Cool down & stretch – 3 min	