**LUCKY NO 7**

**CIRCUIT** SESSION = 37.40 MIN

40sec work /20 sec change x 5 circuits – AMRAP

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| --- |
| Warm up 3-5 mins |
| Cardio |  |
| 20 sec rest period |
| Upper Body |  |
| 20 sec rest period |
| Lower Body |  |
| 20 sec rest period |
| Cardio |  |
| 20 sec rest period |
| Abs / Core |  |
| 20 sec rest period |
| Full Body |  |
| 20 sec rest period |
| Instructor Choice |  |
| 1 min recovery after 1 circuit  |
| Cool down & stretch 3-5 mins |