**LUCKY NO 7**

**CIRCUIT** SESSION = 37.40 MIN

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

|  |  |
| --- | --- |
| 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 | |