



LUCKY NO 7

CIRCUIT SESSION = 37.40 MIN
40sec work /20 sec change x 5 circuits – AMRAP

Warm up 3-5 mins	
Cardio	Aiming for 80%+ effort
20 sec rest period	
Upper Body	Push up & Superman
20 sec rest period	
Lower Body	Squat pulses – weight overhead
20 sec rest period	
Cardio	Aiming for 80%+ effort
20 sec rest period	
Abs / Core	Plank with dumbbell side raise
20 sec rest period	
Full Body	Squat & Slam ball
20 sec rest period	
Instructor Choice	<input type="text"/>
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	