



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	Renegade push up & rows
20 sec rest period	
Lower Body	Dumbbell squat & jump
20 sec rest period	
Cardio	Aiming for 80%+ effort
20 sec rest period	
Abs / Core	Push up plank into Elbow plank
20 sec rest period	
Full Body	Dumbbell snatch – alternate sides per rep
20 sec rest period	
Instructor Choice	<input type="text"/>
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	