



# 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	2 under arm row into 2 bicep curls
20 sec rest period	
Lower Body	Alternating lunges weight overhead
20 sec rest period	
Cardio	Aiming for 80%+ effort
20 sec rest period	
Abs / Core	Dead bugs - weighted
20 sec rest period	
Full Body	Bell swing 20 reps, rest, repeat
20 sec rest period	
Instructor Choice	<input type="text"/>
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	