



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	Bicep curl into shoulder press
20 sec rest period	
Lower Body	Goblet squat - wide
20 sec rest period	
Cardio	Aiming for 80%+ effort
20 sec rest period	
Abs / Core	Bicycle crunch 5 left to right / 5 right to left and repeat
20 sec rest period	
Full Body	Alternating arm Bell swing 20 reps, rest, repeat
20 sec rest period	
Instructor Choice	
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	