

**R3DZONE**

**STRENGTH** SESSION = 37.50 MIN

30/30 x 5 rounds (4:50 per section) - AMRAP

|  |  |
| --- | --- |
| Warm up 3-5 mins | |
| Upper Body |  |
| 60 sec rest period | |
| Lower Body |  |
| 60 sec rest period | |
| Abs/Core |  |
| 60 sec rest period | |
| Cardio |  |
| 60 sec rest period | |
| Upper Body |  |
| 60 sec rest period | |
| Lower Body |  |
| 60 sec rest period | |
| Abs/Core |  |
| Cool down & stretch 3-5 mins | |