**the block**

TOTAL – AMRAP = 37.40 min

(45sec on / 20 sec to change exercise – complete all 4 exercises in the block x 2 circuits each block)

Must complete the 4 blocks

|  |  |
| --- | --- |
| Warm up 3-5 mins | |
| **BLOCK 1** | **BLOCK 2** |
| 1. **CARDIO** – 2. **UPPER** – 3. **LOWER** – 4. **CORE/ABS** - | 1. **CARDIO** – 2. **UPPER** – 3. **LOWER** – 4. **CORE/ABS** – |
| **BLOCK 3** | **BLOCK 4** |
| 1. **CARDIO** – 2. **UPPER** – 3. **LOWER** – 4. **CORE/ABS** – | 1. **CARDIO** – 2. **UPPER** – 3. **LOWER** – 4. **CORE/ABS** – |
| **1.20 min recovery after each completed block** | |
| Cool down & stretch 3-5 mins | |