



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
<ul style="list-style-type: none">1. CARDIO – 80 % Effort2. UPPER – Chest Press3. LOWER – Wall squat hold4. CORE/ABS - Plank	<ul style="list-style-type: none">1. CARDIO – 70 % Effort2. UPPER – Bent over row3. LOWER – Step ups4. CORE/ABS – Ab crunch pulse
BLOCK 3	BLOCK 4
<ul style="list-style-type: none">1. CARDIO – 80 % Effort2. UPPER – Crucifix hold3. LOWER – Walking lunges4. CORE/ABS – Side plank (Change sides on second circuit)	<ul style="list-style-type: none">1. CARDIO – 70 % Effort2. UPPER – Clean & Press3. LOWER – Bell swing & squat4. CORE/ABS – Russian twists
1.20 min recovery after each completed block	
Cool down & stretch 3-5 mins	