



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
<p>1. CARDIO – 80 % Effort</p> <p>2. UPPER – Chest Press twist</p> <p>3. LOWER – Single leg Wall squat hold (Change sides on second circuit)</p> <p>4. CORE/ABS – Rocking Plank</p>	<p>1. CARDIO – 70 % Effort</p> <p>2. UPPER – Hammer Bent over row</p> <p>3. LOWER – Step ups</p> <p>4. CORE/ABS – Ab crunch pulse legs at 90</p>
BLOCK 3	BLOCK 4
<p>1. CARDIO – 80 % Effort</p> <p>2. UPPER – front raise hold</p> <p>3. LOWER – Walking lunges with rotation</p> <p>4. CORE/ABS – Side plank dips (Change sides on second circuit)</p>	<p>1. CARDIO – 70 % Effort</p> <p>2. UPPER – Single arm Clean & Press (Change sides on second circuit)</p> <p>3. LOWER – Bell swing</p> <p>4. CORE/ABS – Saxon side bends</p>
1.20 min recovery after each completed block	
Cool down & stretch 3-5 mins	