



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 | |
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| BLOCK 1 | BLOCK 2 |
| <ul style="list-style-type: none">1. CARDIO – Aiming for 80% + Effort2. UPPER – Inch worm push up3. LOWER – Dumbbell squat4. CORE/ABS – Plank | <ul style="list-style-type: none">1. CARDIO – Aiming for 70% + Effort2. UPPER – Single arm reverse fly with rotation (Change sides on second circuit)3. LOWER – Step ups4. CORE/ABS – alternating toe reaches |
| BLOCK 3 | BLOCK 4 |
| <ul style="list-style-type: none">1. CARDIO – Aiming for 80% + Effort2. UPPER – Slam ball3. LOWER – Wall squat hold4. CORE/ABS – Leg scissors | <ul style="list-style-type: none">1. CARDIO – Aiming for 80% + Effort2. UPPER – Bicep curl into Arnie press3. LOWER – 5 squat & jump4. CORE/ABS – X crunch (alternating sides) |
| 1.20 min recovery after each completed block | |
| Cool down & stretch 3-5 mins | |