



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 – Aiming for 80% + Effort</p> <p>2. UPPER – Push up ankle tap</p> <p>3. LOWER – Leg on step wide squat (Change sides on second circuit)</p> <p>4. CORE/ABS – Plank high 5</p>	<p>1. CARDIO – Aiming for 70% + Effort</p> <p>2. UPPER – Single arm row (Change sides on second circuit)</p> <p>3. LOWER – Squat twists</p> <p>4. CORE/ABS – Bicycle crunch</p>
BLOCK 3	BLOCK 4
<p>1. CARDIO – Aiming for 80% + Effort</p> <p>2. UPPER – Burpee plank pause</p> <p>3. LOWER – Slam ball & 3 squats</p> <p>4. CORE/ABS – Reverse curls</p>	<p>1. CARDIO – Aiming for 80% + Effort</p> <p>2. UPPER – Tricep dips</p> <p>3. LOWER – Alternating lunge / jumps</p> <p>4. CORE/ABS – Legs to side crunch (Change sides on second circuit)</p>
1.20 min recovery after each completed block	
Cool down & stretch 3-5 mins	