



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 – Step push up knee taps</p> <p>3. LOWER – Curtsy lunge & squat (Change sides on second circuit)</p> <p>4. CORE/ABS – Plank hip rotations</p>	<p>1. CARDIO – Aiming for 80% + Effort</p> <p>2. UPPER – Single arm row (Change sides on second circuit)</p> <p>3. LOWER – Step split squat (Change sides on second circuit)</p> <p>4. CORE/ABS – V sit hold – with flutter arms</p>
BLOCK 3	BLOCK 4
<p>1. CARDIO – Aiming for 70% + Effort</p> <p>2. UPPER – Mountain climbers</p> <p>3. LOWER – Duck walks</p> <p>4. CORE/ABS – Reverse curl hold</p>	<p>1. CARDIO – Aiming for 80% + Effort</p> <p>2. UPPER – Crucifix hold</p> <p>3. LOWER – Lunge hold (Change sides on second circuit)</p> <p>4. CORE/ABS – Dumbbell side bends (Change sides on second circuit)</p>
1.20 min recovery after each completed block	
Cool down & stretch 3-5 mins	