



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 70% + Effort</p> <p>2. UPPER – Flat pec fly</p> <p>3. LOWER – Plie Squat</p> <p>4. CORE/ABS – Side plank crunch (Change sides on second circuit)</p>	<p>1. CARDIO – Aiming for 80% + Effort</p> <p>2. UPPER – Single arm row – hammer grip – elbow narrow (Change sides on second circuit)</p> <p>3. LOWER – Narrow Squat</p> <p>4. CORE/ABS – Bicycle crunch</p>
BLOCK 3	BLOCK 4
<p>1. CARDIO – Aiming for 70% + Effort</p> <p>2. UPPER – Incline pec fly</p> <p>3. LOWER – Step up – squat – step wide - squat</p> <p>4. CORE/ABS – Butterfly crunches</p>	<p>1. CARDIO – Aiming for 80% + Effort</p> <p>2. UPPER – Upright row</p> <p>3. LOWER – Straight leg deadlift</p> <p>4. CORE/ABS – Bell swing</p>
1.20 min recovery after each completed block	
Cool down & stretch 3-5 mins	