**wod**

**TOTAL** – AMRAP = 37 MIN

(50sec on / 20 sec to change exercise – complete all 10 exercises x 3 rounds)

|  |  |
| --- | --- |
| Warm up 3-5 mins | |
| Cardio |  |
| 20 sec rest period | |
| Upper Body |  |
| 20 sec rest period | |
| Lower |  |
| 20 sec rest period | |
| Cardio |  |
| 20 sec rest period | |
| Core |  |
| 20 sec rest period | |
| Compound |  |
| 20 sec rest period | |
| Cardio |  |
| 20 sec rest period | |
| Plyometric |  |
| 20 sec rest period | |
| Abs |  |
| 20 sec rest period | |
| Cardio |  |
| 1.20 min recovery after each complete circuit | |
| Cool down & Stretch 3-5 mins | |