



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	80+% effort
20 sec rest period	
Upper Body	Renegade push up / rows
20 sec rest period	
Lower	Step up - jump off into a squat
20 sec rest period	
Cardio	70+% effort
20 sec rest period	
Core	Push up plank with bell crossover
20 sec rest period	
Compound	Bell deadlift into clean
20 sec rest period	
Cardio	80+ % effort
20 sec rest period	
Plyometric	Inch worm into squat thrust & back
20 sec rest period	
Abs	Alternating toe reaches
20 sec rest period	
Cardio	70+% effort
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	