



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	Push up & reverse fly – alternate arm
20 sec rest period	
Lower	Heavy dumbbell squats
20 sec rest period	
Cardio	70+% effort
20 sec rest period	
Core	Side plank rotations – 25 sec and change sides
20 sec rest period	
Compound	Squat – Jack & Slam ball
20 sec rest period	
Cardio	80+ % effort
20 sec rest period	
Plyometric	Single leg Vertical jumps – 5 and change
20 sec rest period	
Abs	Reverse leg crossovers
20 sec rest period	
Cardio	70+% effort
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	