



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	2 bent over row – clean – 2 shoulder press
20 sec rest period	
Lower	Lunge with rotation – alternate sides
20 sec rest period	
Cardio	70+% effort
20 sec rest period	
Core	Plank T
20 sec rest period	
Compound	Slam ball & burpee
20 sec rest period	
Cardio	80+ % effort
20 sec rest period	
Plyometric	Inch worm & squat jump
20 sec rest period	
Abs	Butterfly crunch pulses
20 sec rest period	
Cardio	70+% effort
1.20 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	