

Circuit - 004

For rounds.

10 cals on Hiit Bike after each set of burpees.

1 - Hang cleans x 7

Burpees x 7

2 - Military press x 7

Burpees x 7

3 - Clean and press x 7

Burpees x 7

4 - Upright row x 7

Burpees x 7

5 - Bent over row x 7

Burpees x 7

6 - Back squats x 7

Burpees x 7

7 - Deadlift x 7

Burpees x 7

Finisher

1 min squat hold then 1 min plank