

Circuit 007

For rounds

1 - Treadmill 1 min @ gradient 10

2 - Clean and press x 10 (50kg)

3 - Ski 20 cals @ level 10

4 - Devil press x 20 (2 x 17.5kg)

5 - Hang cleans x 10 (50kg)

6 - Walkouts (double press) x 10

Finisher - Farmers walk x 5