

Circuit - 021

For rounds

Hang cleans x 5 (50kg)

Clean and press x 5 (50kg)

Military press x 5 (50kg)

Thrusters x 5 (50kg)

Back squat x 5 (50kg)

DB snatch x 10 (22.5kg)

Renegade row x 10 (2 x 22.5kg)

Devil press x 10 (2 x 22.5kg)

DB burpees x 10 (2 x 22.5kg)