

Circuit - 035

For rounds

Squats body weight or with sandbag for extra load

Warm up - Burpees x 30 (std not chest to floor)

Diamond push ups x 20

Single leg burpees x 5 (left leg)

Side bridge 1 min (left)

Single leg burpees x 5 (right leg)

Side bridge 1 min (right)

Single leg burpees x 5 (left leg)

Spear push ups x 20

Single leg burpees x 5 (right leg)

Sandbag squats x 20

Single leg burpees x 5 (left leg)

Navy seals x 10

Single leg burpees x 5 (right leg)

Finishers - Man makers x 10