

Circuit - 015

For rounds

Treadmill 45 sec @ speed 10

Clean and press x 10 (50kg)

Treadmill 45 sec @ speed 10

Deadlift x 10 (50kg)

Treadmill 45 sec @ speed 10

Hang cleans x 10 (50kg)

Treadmill 45 sec @ speed 10

Front squats x 10 (50kg)

Treadmill 45 sec @ speed 10

Military press x 10 (50kg)

Treadmill 45 sec @ speed 10

Burpees x 10

Treadmill 45 sec @ speed 10

Box jump x10 @ 24 inch