

Circuit - 012

Run 200m @ gradient 5

DB squat x 10 (22.5kg)

Run 300m @ gradient 5

Devil press x 15 (2 x 17.5kg)

Run 400m @ gradient 5

Wall balls x 10 (12kg)

Burpee box jumps x 10 @ 24 inch

Run 300m @ gradient 5

Thrusters x 10 (50kg)

Walkouts x 10

Clean and press x 10 (50kg)

Run 200m @ gradient 5