

Circuit - 019

For time

Sandbag squat x 20 (30kg)

Renegade row x 20 (2 x 17.5kg)

Ball slam lateral box jump (12kg)

BLITZ

Skipping x 100 rotations

Bag squat jumps x 20

DB snatch x 20

Burpee ball slam x 20

BLITZ

Skipping x 100 rotations

LeapFrog burpees x 2

BLITZ =

Burpees x 5

Walkouts x 5

Hyper squats x 5

Fast feet x 5 secs

Burpees x 5