

## Circuit - 023

For rounds

Hang cleans x 7

Burpees x 7

Military press x 7

Burpees x 7

Clean and press x 7

Burpees x 7

Upright row x 7

Burpees x 7

Bent over row x 7

Burpees x 7

Thrusters x 7

Burpees x 7

Deadlift x 7

Burpees x 7