

## Circuit - 014

For rounds

Assault bike 15 cal

Killers x 7 (50kg)

Assault bike 15 cal

Bears x 10 (50kg)

Assault bike 15 cal

Bent over rows x 10 (50kg)

Ski 15 cal

Military press x 10 (50kg)

Ski 15 cal

Hang cleans x 10 (50kg)

Ski 15 cal

Man makers x 10 (2 x 17.5kg)