

Circuit - 005

For rounds

1 - Treadmill 500m @ gradient 10

2 - Clean and press x 10 (50kg bar)

3 - Ski - 15 cals @ level 10

**4 - Devil press x 10 (2 x 17.5kg
Dumbbells)**

5 - Hang cleans x 10 (50kg bar)

6 - Walkouts x 10

7 - Burpee box jump x 10

Finisher - 2 x Leapfrog burpees