

## Circuit - 016

For rounds

Row 500m @ level 10

Clean and press x 5 (50kg)

Front squats x 5 (50kg)

Hang cleans x 5 (50kg)

Military press x 5 (50kg)

Bears x 5 (50kg)

Killers x 5 (50kg)

Box jumps @ 24 inch x 15

Wall balls (12kg)

Bear crawl

Farmers walk (2 x 32kg)