

Circuit - 008

For time

Ski 30 cals @level 10

Deadlift x 5 (50kg)

Hang cleans x 5 (50kg)

GROUP 1 Front squats x 5 (50kg)

Military press x 5 (50kg)

Back squat x 5 (50kg)

Walkouts x 25

Bike 30 cals @ level 10

Burpees x 25

GROUP 1

Treadmill 500m @ gradient 10

GROUP 1

Skipping x 100 rotations