

Circuit - 011

For time

Row 500m @ level 10

KB Swings x 20 (28kg)

Release push ups x 20

Box jumps x 15 @ 24 inch

Burpees x 20

Tuck jumps x 10

DB Snatch x 10 (22.5kg)

Run 1600m @ gradient 5

Ball slam x 50 (12kg)

Step ups x 50 (2 x 12.5kg)

Sandbag squat x 50 (30kg)

Run 1600m @ gradient 5