

Circuit - 017

For time

Treadmill 500m @ incline 10

Clean and press x 5 (50kg)

Slayers x 10

Burpee ball slam x 20 (12kg)

Row 500m @ level 10

Thrusters x 5 (50kg)

Slayers x 10

Burpee box jumps x 20

Bike 500m @ level 10

Front squats x 5 (50kg)

Slayers x 10

Burpees x 20