

**WarmUp Circuit – 6 minutes**

| EXERCISE           | ROUNDS | TIME | REST |
|--------------------|--------|------|------|
| JUMPING JACK       | 2      | 30   | 10   |
| ALT. REVERSE LUNGE |        | 30   | 10   |
| FLING              |        | 30   | 10   |
| ELBOW PLANK        |        | 30   | 30   |
| N/A                |        | 0    | 0    |

**Circuit I – 25 minutes**

| EXERCISE       | AMRAP | REP   | REST |
|----------------|-------|-------|------|
| BOX JUMP OVER  | 25m   | 10    | 0    |
| MEDBALL SIT-UP |       | 15    | 0    |
| SKIERG         |       | 250m  | 0    |
| FARMER CARRY   |       | 50m   | 0    |
| AIR BIKE       |       | 12cal | 0    |