



WarmUp Circuit – 6 minutes

EXERCISE	ROUNDS	TIME	REST
BODYWEIGHT SQUAT	2	30	10
SHOULDER CIRCLE		30	10
SQUAT THRUST		30	10
JOG IN PLACE		30	30

Circuit I – 6 minutes

EXERCISE	ROUNDS	TIME	REST
ROWER (easy)	3	60	0
ROWER (hard)		60	0

Circuit II – 6 minutes

EXERCISE	ROUNDS	TIME	REST
SKI ERG (easy)	3	60	0
SKI ERG (hard)		60	0

Circuit III – 6 minutes

EXERCISE	ROUNDS	TIME	REST
AIR BIKE (easy)	3	60	0
AIR BIKE (hard)		60	0

Circuit IV – 6 minutes

EXERCISE	ROUNDS	TIME	REST
TANK (easy)	3	60	0
TANK (hard)		60	0

TOOLS NEEDED: ROWER | SKI ERG / AIR BIKE / TANK

DEKABURN



A message from the Creator...

This week we're focusing on the four zones that take the longest time to complete on test day - DEKA Zones 2, 5, 7, & 9. On average these 4 zones take up 50% of the total completion time while the other 6 zones take up the other 50%.