



## WarmUp Circuit – 6 minutes

EXERCISE	ROUNDS	TIME	REST
ALT REVERSE LUNGE	2	30	10
INCHWORM		30	10
LATERAL CRAWL		30	10
ELBOW PLANK		30	30
N/A		0	0

## Circuit I

EXERCISE	AMRAP	REP	REST
RUN	2	400m	0
SPARTAN RAM ALT. REVERSE LUNGE		30	0
RUN		400m	0
ROW		500m	0
RUN		400m	0
BOX JUMP OVER OR STEP UP OVER		20	0
RUN		400m	0
MEDBALL SIT-UP		25	0
RUN		400m	0
SKI ERG		500m	0

**TOOLS NEEDED:** PLY BOX | MED BALL / SKI ERG / SPARTAN RAM

**DEKABURN**



# A message from the Creator...

With the announcement of our first 2021 DEKA FIT (500m run preceding all 10 zones for a total of 5k,) in West Palm Beach Florida, we're going to begin incorporating running into some of our WOW's. Athletes that are good runners are able to actually recover during runs and attack the next zone more aggressively than compared to a DEKA STRONG event (no running) and on the opposite side of the fitness equation, athletes that aren't good runners will struggle during the runs and their zone completion times will be slowed because of the running. No matter which category you're in, improving your running will help you in the DEKA Arena. With this session we focus on the first 5 DEKA Zones.

For the "RUN" portion: The first 200m is zone 2 comfortable effort and the second 200m is zone 4 above lactate threshold - aka you're out of your comfort zone.