



WarmUp Circuit – 8 minutes

EXERCISE	ROUNDS	TIME	REST
KNEE TO CHEST TO LUNGE	2	30	10
LEG CRADLE TO LATERAL LUNGE		30	10
SLDL with REACH		30	10
HIGH-KNEE RUN		30	10
HIGH-KNEE SKIP		30	30

Circuit I

EXERCISE	AMRAP	REP	REST
RUN	2	400m	0
FARMER CARRY		100m	0
RUN		400m	0
AIR BIKE		25cal	0
RUN		400m	0
DEAD BALL SHOULDER OVER		20	0
RUN		400m	0
TANK PUSH/PULL		100m	0
RUN		400m	0
SPARTAN RAM BURPEE		20	0

TOOLS NEEDED: DUMBBELLS | AIR BIKE / DEAD BALL / TANK / SPARTAN RAM

DEKABURN



A message from the Creator...

With this workout we focus on the last 5 DEKA Zones