



WarmUp Circuit – 6 minutes

EXERCISE	ROUNDS	TIME	REST
PALM PLANK	2	30	10
REVERSE LUNGE		30	10
SQUAT JUMP		30	10
HINGE JUMP		30	30
N/A		0	0

Circuit I – 25 minutes

EXERCISE	ROUNDS	REP	REST
AIR BIKE	3	12cal	0
DEAD BALL SHOULDER OVER		10	0
TANK PUSH-PULL		40m	0
WEIGHTED BURPEE		20	60
N/A		0	0



A message from the Creator...

This week we're focusing on the finish. DEKA Zone 10 is arguably one of the hardest zones and you get hit with it after turning yourself inside out as you conquer the first 9 zones. This workout is going to focus on weighted burpees when the body is compromised.