



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
ALT REVERSE LUNGE	2	30	0
ROW		500m	0
MED BALL SIT-UP		25	0
SKI ERG		500m	60
N/A		0	0

TOOLS NEEDED: RAMROLLER / ROWER / MED BALL / SKI ERG

DEKAFORGE



A message from the Creator...

This week we're focusing on getting through DEKA Zone 5 at an effort appx. 5-10% faster than you'd tackle the first 5 zones on race day. This will have the body feeling smooth and effortless come race day when you pace out all 10 zones in your effort to accomplish your new DEKA STRONG (personal record).