



## WarmUp Circuit – 8 minutes

EXERCISE	ROUNDS	TIME	REST
ALT REVERSE LUNGE TO KNEE DRIVE	2	30	10
BODYWEIGHT SQUAT		30	10
SINGLE-LEG HIP LIFT		30	10
JUMPING JACK		30	10
LATERAL SHUFFLE		30	30

## Circuit I

EXERCISE	AMRAP	REP	REST
RUN	2	500m	0
ROW		500m	0
RUN		500m	0
SKI ERG		500m	0
RUN		500m	0
AIR BIKE		25cal	0
RUN		500m	0
TANK PUSH/PULL		100m	0

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

**DEKABURN**



# A message from the Creator...

In this workout, we're adding running before the 4 zones that, for most athletes, take the longest to complete and we're getting above race pace for half of the work for each DEKA Zone.