



## **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**

EXERCISE	ROUNDS	REP	REST
AIR BIKE (5 cal easy / 5 cal hard)	1	50cal	0
DEAD BALL SHOULDER OVER (5 easy / 5 hard)		40	0
TANK PUSH/PULL (10m easy / 10m hard)		200m	0
SPARTAN RAM BURPEE (5 easy / 5 hard)		40	0



# A message from the Creator...

For this workout we're focusing on the finish. As I mentioned in a previous workout, Zones 7, 8, 9, & 10 all hit hard. By the time you get to DEKA Zone 7, the body is very compromised and we must train in a way that acclimates the body to the punishment it will ensure as you cross through the DEKA Gateway (what I call the advancement from Zone 6 to the final 4 DEKA Zones). It's a right of passage that can make or break your performance. Let's get it!