

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

HYBRID TRAINING

- * Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.
- * Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

* AMAP = As many as possible

* AMRAP = As many rounds as possible

No	Exercise	Sets	Reps
01	Single Legged Barbell Squats	03 EL	5
02	Single Arm Dumbbell Row	03	8-12
Circuit: 4 Rounds			
03	Cable Rows	AMAP	10
04	Barbell Thrusters	AMAP	10
05	Hanging Leg Raises	AMAP	10

TRAINING, NUTRITION & SUPPLEMENT NOTES:
