

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	Front Squat	05	5
02	Overhead Barbell Press	03	8-12
Circuit: 4 Rounds			
03	Burpee Box Jumps	AMAP	10
04	Kettlebell Swings	AMAP	15
05	Weighted Oblique Twists	AMAP	20

TRAINING, NUTRITION & SUPPLEMENT NOTES:
