

**Warm Up then 2 minutes ON and 30 sec REST  
TEN EXERCISES**

**Burpees**

**Farmer Walks**

**Overhead Squats**

**Sit-Ups**

**Box Jumps**

**Rowing**

**Sumo Squats**

**Restricted Thrusts**

**400 metre Run**

**Knees to Elbows**

**MUST PUT-IN 100%**