

SPORTS HUB SUMMIT

THE WORKOUT



PART 1 – STRENGTH

Both partners have 25 minutes to score a 3-re-max for both lifts

Back squat

Strict overhead press

PART 2 – CIRCUIT

In order, complete as many rounds as possible of the following:

Ski trainer (calories)

Walking lunge ball carry (metres)

Hand release press ups (reps)

Sled push (metres)

Med ball sit up & pass (reps)

> Ascending ladder format

> I-go-you-go (IGYG format) change as often as you like

Round 1 - 10 of everything

Round 2 - 20 of everything

Round 3 - 30 of everything

And so on until 25 minutes is up

PART 3 – CARDIO

As fast as you can, complete the following:

10 syncro chest to floor burpees

3km bike erg

10 syncro chest to floor burpees

2km rower

10 syncro chest to floor burpees

1km treadmill run

The bike, row and run sections are IGYG - changing as often as you like