

SPORTS HUB SUMMIT THE WORKOUT

PART 1 – STRENGTH (25 minutes)

Both partners have 25 minutes to score a 3-rep-max for both lifts
Deadlifts | Bench Press

PART 2 – CIRCUIT (25 minutes)

In order, complete 3 rounds of the following

Sled push and drag (4 lengths)
Press up pull throughs (40 reps)
Box step overs (40 reps)
Sit ups (40 reps)

In the remaining time you must row for
maximum distance on the rowing machine

WEIGHTS

Sled - Male/mixed = 150kg / Females 100kg

Kettlebell - Male/mixed = 20kg / Females 12kg

Box height is 20 inches for all

Mixed pairs will use male weights.

PART 3 – CARDIO

As fast as you can, complete the following:

Bike Erg 2,000m
Ski trainer 1,000m
Bike Erg 1,500m
Ski trainer 750m
Bike Erg 1,000m
Ski trainer 500m

All sections are I-G-Y-G (I go, you go)
Only one person working at a time
Changing as often as you like



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