

WORKOUT BLOCK

AMRAP

STRENGTH
CON

4 EXERCISES

STEP 1
DEMO

CHOOSE YOUR
TIME

STEP 2
TIME

CIRCUIT STYLE

REST WHENEVER
YOU WANT

STEP 3
GUIDANCE

MEASURE YOUR
ROUNDS TOTAL

WORKOUT BLOCK

AMRAP

STRENGTH
CON

Highlight
important cues
of each exercise

4 EXERCISES

STEP 1
DEMO

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STRENGTH
CON

20 min

40 min+
5min
mandatory
break

CHOOSE YOUR
TIME

STEP 2
TIME

WORKOUT BLOCK

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EXTRA RECOVERY: 5
minutes after 20 minutes

ONLY GOOD REPS COUNT

CIRCUIT STYLE

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