**WOD 1**

Exercises

Squat

Press Up

Walking Lunge

Sit ups

Complete each exercise for a 1 minute without rest complete the circuit for 12 minutes.

**WOD 2**

Breakdown each movements reps   
as you need but finish all reps before   
moving onto the next movement

Your **SCORE** is the total time   
(in seconds) to complete.

|  |  |  |
| --- | --- | --- |
| 100 | OH Squat | (anything overhead) |
| 80 | Press Up Shoulder Taps |  |
| 60 | BW Lunges |  |
| 40 | Russian Twists |  |
| 20 | Burpees | (chest to floor) |
| 10 | Jump Squats |  |

**WOD 3**

Perform as many burpees as possible in the time.

No rest between exercises.

Your **SCORE** is the total number of   
burpees completed in the time. Every time   
you break in the plank -3 from your **SCORE.**

|  |
| --- |
|  |

|  |  |
| --- | --- |
| 3 mins | AMRAP Burpees |
| 1 min | Plank |
| 2 mins | AMRAP Burpees |
| 1 min | Plank |
| 1 min | AMRAP Burpees |
| 1 min | Plank |

**WOD 4**

Perform 10 rounds as quick as possible. No rest between exercises or rounds.

Your **SCORE** is the total time taken to complete the 10 rounds of:

10 Press Ups

10 Sit Ups touching toes and floor

10 Bench Dips

10 Down UPS

**WOD 5**

Perform 10 rounds as quick as possible. No rest between exercises or rounds.

Your **SCORE** is the total time taken to complete the 10 rounds of:

20 Reverse Lunges

10 Burpees

5 Press Ups

**WOD 6**

Perform 10 reps, then 9 reps, then 8 reps…down to 1 of each of the exercises. No rest between exercises or rounds.

Your **SCORE** is the total time taken to complete:

10 Squats

10 Sit Ups

10 Press Ups

9 Squats

9 Sit Ups

9 Press Ups

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1 Squats

1 Sit Ups

1 Press Ups

**WOD 7**

Exercises

10 Squat jumps

20 Plank Shoulder Taps

10 Lunges

20 mountain climbers

Complete as many reps as possible in 3 minutes. Rest for 1 minute. Repeat 4 rounds.

**WOD 8 – THE ‘BEASTLY’**

Exercises

6 OH Squat

6 Burpees

6 Press ups

6 V ups

6 SL Squat e\l

6 sit ups

Complete 6 rounds as fast as possible.