



## STYLES STUDIOS FITNESS

Track: **HUSTLE @ HOME**

Date: **Friday, Nov 6, 2020**

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### **WARM UP**

10 Lateral Leaps

10 Push Ups

10 Frog Jumps

10 Air Squats

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### **ROUND 1**

5,6,7....10,9,8...

DB Deficit Push Up

KB Swing

Hang Clean + Press

Time cap is 5mins - get as far as you can!

Scoring: **Time**

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### **MAX OUT**

TABATA 20s Work 10s rest

Swings

Squat Air Taps

Scoring: **Time**

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## **ROUND 2**

5,6,7.....10,9,8..

Devils Press

DB Push Press

Final Minute Max Out Bicep Curls

Time cap is 5mins - get as far as you can!

Scoring: **Time**

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## **ROUND 3**

30s Deadlifts

30s Switch Lunges

30s Deadlifts

30s Switch Lunges

Repeat 2 x

Scoring: **Time**

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## **MAX OUT**

TABATA 20s Work 10s Rest

Slam Balls

Burpees

Scoring: **Time**

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**ROUND 4**

5 Bent Over Rows

5 High Pulls

5 Clean + Press

Time cap is 5mins - get as far as you can!

Scoring: **Time**

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**CORE [3min]**

30s Rotating Plank R + L

30s Ab circles clockwise

30s AB in + Outs

30s Ab anti clockwise

30s AB in + Outs

Scoring: **Time**

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