

ZONE 7 *Performance*

Expected workout time: 30–35 minutes

CIRCUIT #1 **Kettlebell** (rest between circuits)

- Front Racked Offset - Marching - 3x30-45 Seconds (single Arm)
- Reverse Lunge (inside or outside suitcase hold) - 3x6-8

CIRCUIT #2 **Sled** (rest between circuits)

- Sled Pull - 3x20-30 Meters
- Bodyweight Squat Jumps - 3x5

CIRCUIT #3 **Plyo** (rest between circuits)

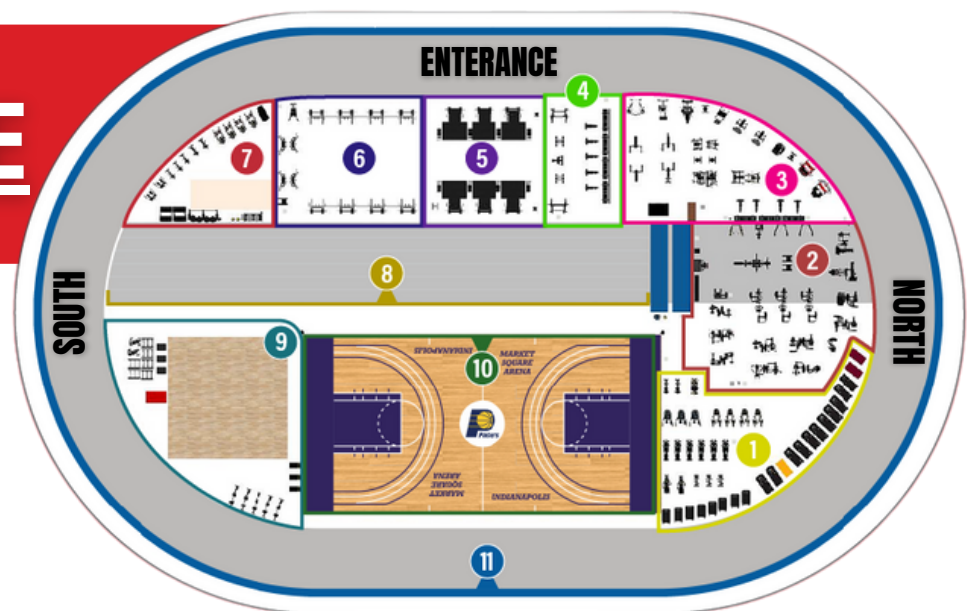
- Box Jump - 3x8
- Med Ball Forward Slam - 3x10

CIRCUIT #4 **Kettlebell** (rest between circuits)

- Swing to Front Racked (single arm) - 3x5 (each side)
- Goblet Hold Side Lunges - 3x10 (each leg)

Speak to a Health Fitness Specialist if you have questions about this workout!

SUBMIT YOUR ZONE



Submit your workout for a chance to win a free  **DEKA** competition entry!