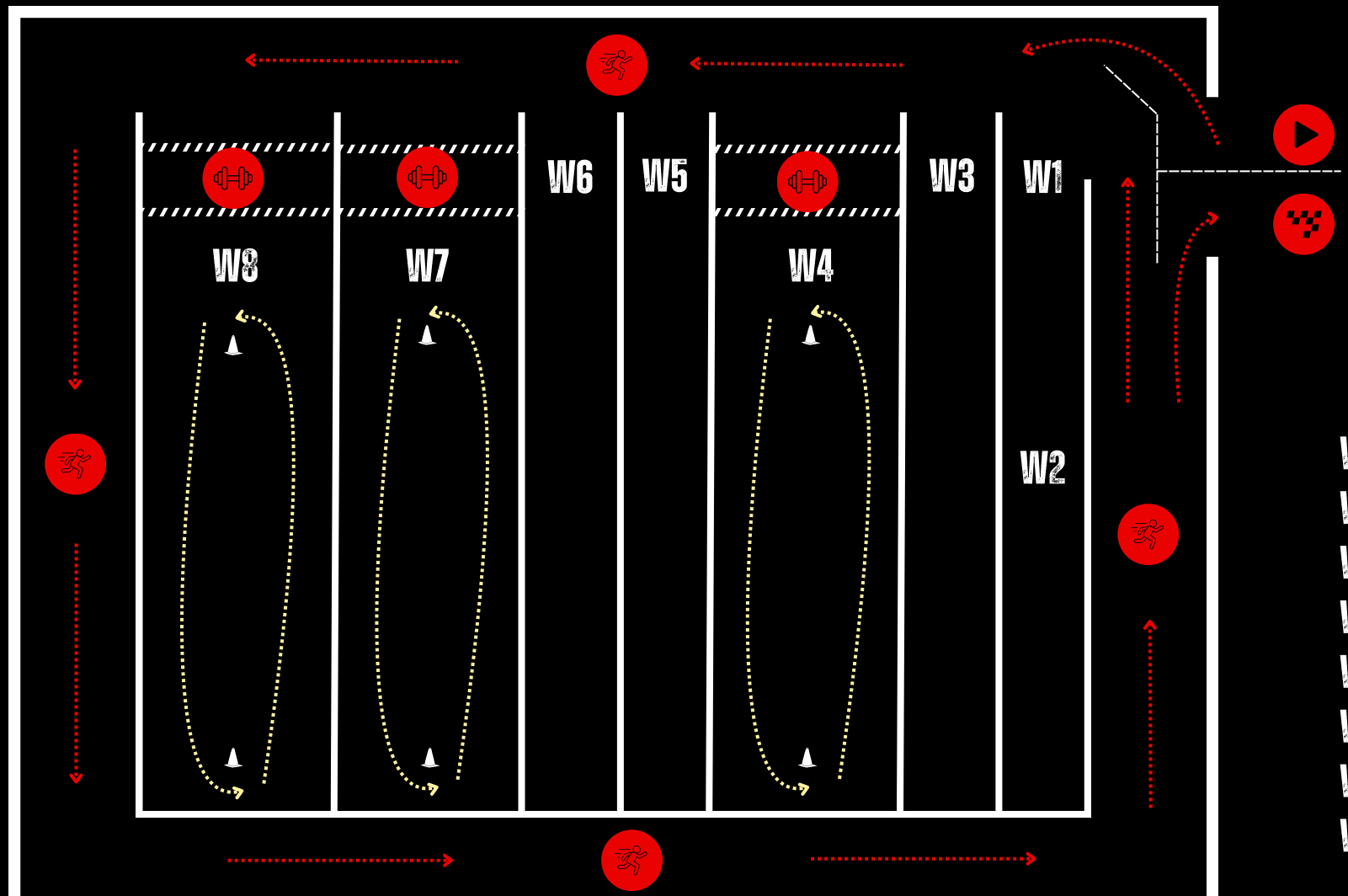
HYBRID RACE



WORKOUTS

- W1 GOBLET PLATE SQUAT
- W2 MEDBALL SIT UP
- W3 SANDBAG LUNGES
- W4 BOX STEP UP OVER
- W5 SLAMBALL CLEAN
- W6 AIR BIKE
- W7 BURPEES BROAD JUMP
- W8 STRONGMAN CARRY

COOL ZONE
MATERIAL
RUN ZONE
START ZONE
FINISH ZONE

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AFW AllFreeWeight