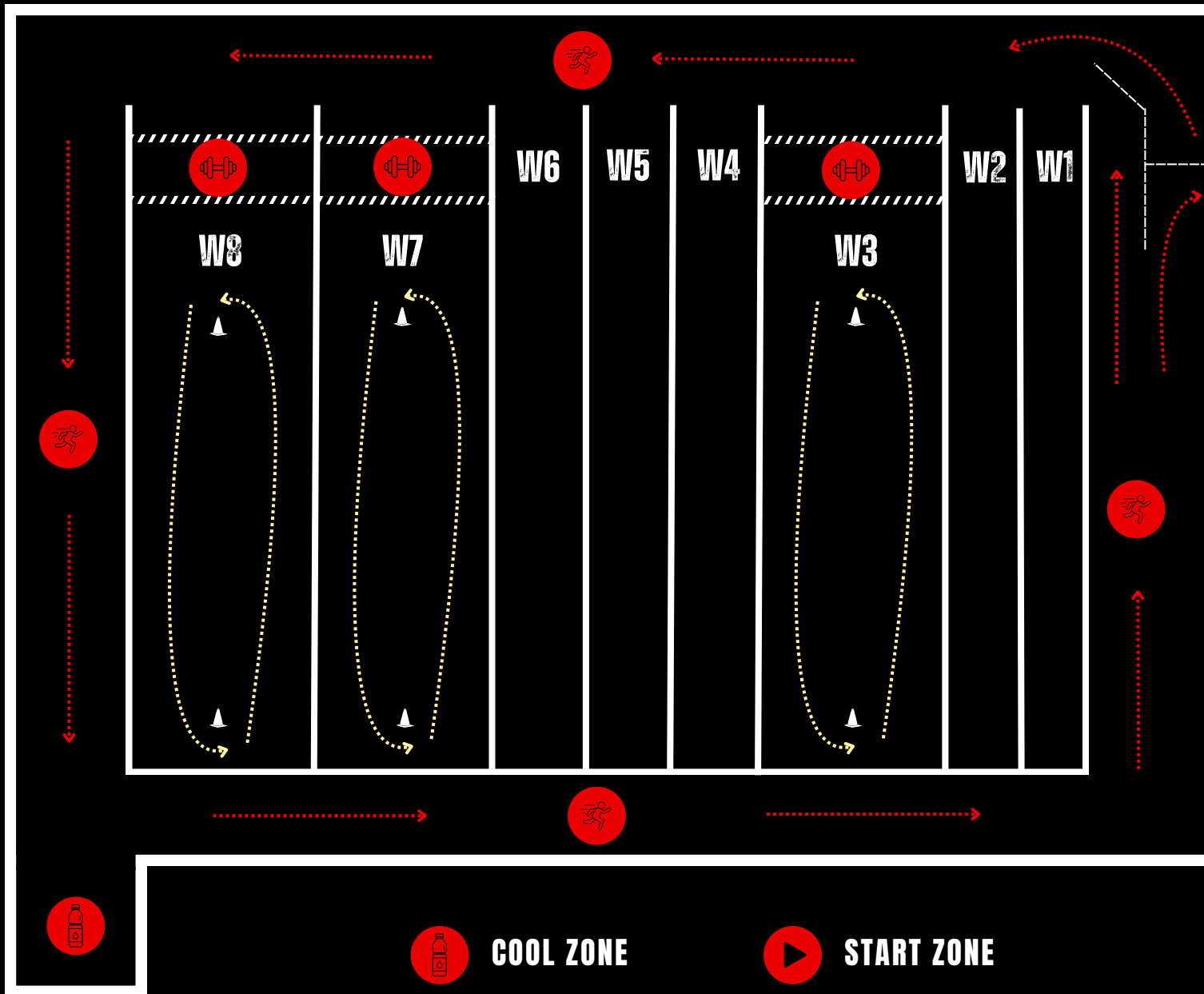


HYBRID RACE



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**