

Functional Fitness -

- SAMPLE WORKOUTS:
- Warm Up-8 rounds of Air Bike (20-sec work + 10-sec rest)
- Then 2 rounds:
 - 8 Russian Kettlebell Swings
 - 8 Push-ups
 - 20-sec plank
- Workout:
 - 15 Minute Amrap
 - 12/9 Calories on the Air bike
 - 12 Kettlebell Swings
 - 10 Seated Dumbbell press

- Teams of 2:
 - For Time - 4000/3000m Row
 - One partner rows while the other completes:
 - 5 Hanging knee raises
 - 10 Wall Balls
 - 15 Push-ups
 - Switch after each round of the second part.
Workout is over when the 4000/3000m row is achieved.
 - * P1 rows while P2 works. Switch. Workout is finished when meters are completed