

MUTANT TRAINING CIRCUIT

Coast Barbell Club Inc©

- 1. Snatch Squats**
- 2. Pulldown with reverse grip**
- 3. Push-up**
- 4. Dumbbell high pulls**
- 5. Stationary speed skaters**
- 6. Dumbbell bent-over rows**
- 7. Box Jumps**
- 8. Hanging leg raise**
- 9. Lunge walk while holding 15kg keg over your head**
- 10. Ab roll-out**
- 11. Dumbbell stiff-leg deadlifts**
- 12. Standing broad jumps**

All done x 10 reps