



LEVEL 1

		WOMEN'S WEIGHTS	MEN'S WEIGHTS
1	200m Walk/ Jog/Run Dumbbell Around the Worlds – 20 reps	2 * 2kg DB	2 * 3kg DB
2	200m Walk/ Jog/Run Air Squat – 40 reps	BODY WEIGHT	
3	200m Walk/ Jog/Run Pallof Press – 40 reps	1 * 4kg DB	1 * 6kg DB
4	200m Walk/ Jog/Run Kettlebell Side Lunge – 40 alternate reps	1 * 6kg KB	1 * 10kg KB
5	200m Walk/ Jog/Run Crane + Shoulder Press – 20 reps per side	1 * 2kg DB	1 * 4kg DB
6	200m Walk/ Jog/Run Standing Plate March – 40 reps	1 * 5kg Plate	1 * 10kg Plate
7	200m Walk/ Jog/Run Burpees Off Medicine Ball – 40 reps	BODY WEIGHT	
8	200m Walk/ Jog/Run Dumbbell Y-Raise to T-Raise – 20 raises	2 * 1kg DB	2 * 3kg DB
9	200m Walk/ Jog/Run Shoulder Shrugs – 20 reps	2 * 5kg DB	2 * 7.5kg DB
10	200m Walk/ Jog/Run Goblet Squats – 40 reps	1 * 10kg KB	1 * 16kg KB
20m Sprint Finish			

KB = Kettlebell, DB = Dumbbell.