



LEVEL 2

		WOMEN'S WEIGHTS	MEN'S WEIGHTS
1	400m Run Plate Clean + Press – 25 reps	1 * 10kg Plate	1 * 15kg Plate
2	400m Run Goblet Squat – 25 reps	1 * 16kg KB	1 * 24kg KB
3	400m Run Modified Push-Up – 40 reps	BODY WEIGHT	
4	400m Run Walking Lunges – 80m	BODY WEIGHT	
5	400m Run The Crane + Arnold Press – 15 reps per side	1 * 4kg DB	1 * 6kg DB
6	400m Run Plank Jacks – 25 reps	BODY WEIGHT	
7	400m Run Up Down Broad Jumps – 80m	BODY WEIGHT	
8	400m Run Dumbbell Snatches – 20 reps in total	1 * 7.5kg DB	1 * 10kg DB
9	400m Run Farmer's Carry – 100m	2 * 16kg KB	2 * 24kg KB
10	400m Run Bear Crawl – 80m 20m Sprint Finish	BODY WEIGHT	

KB = Kettlebell, DB = Dumbbell.