



LEVEL 3

		WOMEN'S WEIGHTS	MEN'S WEIGHTS
1	800m Run Plate Clean + Press – 40 reps	1 * 10kg Plate	1 * 15kg Plate
2	800m Run Goblet Squat – 40 reps	1 * 16kg KB	1 * 24kg KB
3	800m Run Tricep Push Up (Modified Position) – 40 reps	BODY WEIGHT	
4	800m Run Walking Lunges – 80m	2 * 5kg DB	2 * 8kg DB
5	800m Run The Crane + Arnold Press – 30 reps per side	1 * 4kg DB	1 * 6kg DB
6	800m Run Plank Jacks – 40 reps	BODY WEIGHT	
7	800m Run Burpee Broad Jumps – 80m	BODY WEIGHT	
8	800m Run Dumbbell Snatches – 40 reps in total	1 * 7.5kg DB	1 * 10kg DB
9	800m Run Farmer's Carry – 200m	2 * 16kg KB	2 * 24kg KB
10	800m Run Bear Crawl – 80m 20m Sprint Finish	BODY WEIGHT	

KB = Kettlebell, DB = Dumbbell.