

Equipment Circuit Simulation

<https://youtu.be/ZpewSWjqsLs>
(Link to Exercise deminstrations)

25m



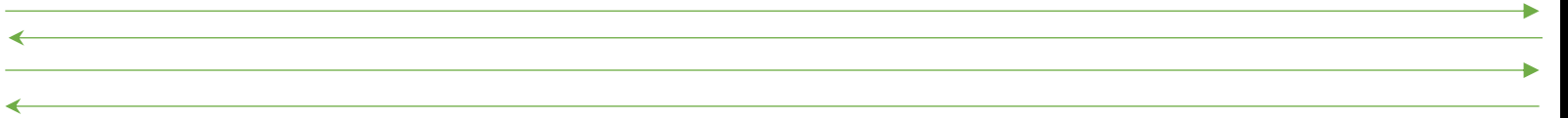
(Put on Rucksack)

X 2 Weighted Rucksack Monster Walks



(Drop Rucksack)

X 4 Shuttle run/jog



(Pick up dumbbells or weights)

X 2 Farmers Walk



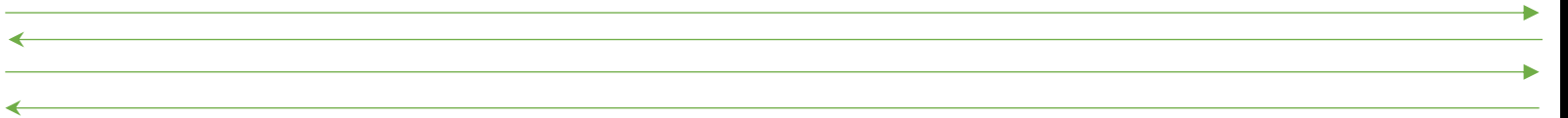
(Position same dumbbells or weights on to shoulders)

X 2 Shoulder Press Walk



(Drop dumbbells or weights)

X 4 Shuttle run/jog



(Pick up dumbbells or weights)

X 2 Walking Lunges



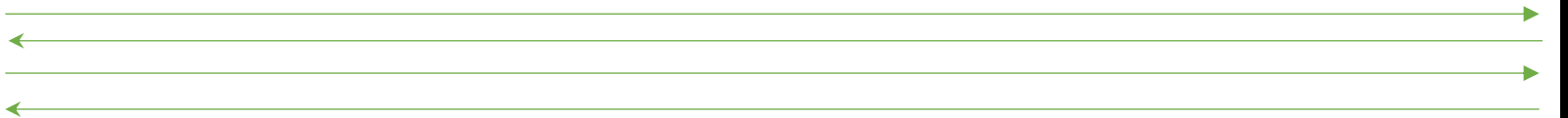
(Position same dumbbells or weights on to shoulders)

X 2 Shoulder Press Walk



(Drop dumbbells or weights)

X 4 Shuttle run/jog



Target Completion Time

Between 5 minutes 30 seconds and 6 minutes