

PACT MMA Circuit #1

([3 to 5] 5 Minute rounds, 30 seconds at each station)

***** Front Roll between every station *****

1. Combo Ladders (1-4)
2. Pushups
3. Squats
4. Twisters
5. Combo Ladders (1-4)
6. Dummy Throws
7. Squatting Upright Row
8. Burpees
9. Curling Military Press
10. Plyos (Side-to-Side over obstacle)

Repeat... (Crunches during minute break)