

## 20 Min Full-Body MetCon #2 - Monster Circuit

Perform as many rounds a possible in 20 minutes

<b>Exercise</b>	<b>Weight/dumbbell</b>	<b>Reps</b>
TRX Row (or Bent-over DB Row)	Heavy/15-30 lbs	15
Burpees	N/A	10
DB Pushup/Row	Heavy/15-30 lbs	10 (count pushups)
DB Renegade Rows	Heavy/15-30 lbs	10 (5 each side)
New Jacks (jumping squats, wide & close)	N/A	10 wide, 10 close
KB Swings (or DB swing)	Heavy/15-30 lbs	15

Finish up with 1 single minute of pushups