

InnerFight

Endure

Conquer

Achieve

Laura

20 Push Press (Male 40Kgs – Females 20Kgs)

20 Wide Arm Pull Ups

20 Ball Slams

As many rounds as possible in 20mins

Make sure to keep a record of the amount of rounds you complete. Laura is a perfect circuit to test and monitor your fitness & strength endurance levels.

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