## Week 5 WEDNESDAY

Exercise	Time (secs)	Reps	Sets	<b>②</b>
Clean		10 each side		<b>~</b>
Push Ups		As many as possible		<b>Ø</b>
Rest and Repeat	60		3	
Goblet Squat		15		<b>©</b>
Suitcase Row		10 each side		
Rest and Repeat	60		3	•









