

**SkiErg
250 meters**



Box Jumps

**Hanging
Leg Raise**



**Kettlebell
Squats**



Sit-Ups



Plank



SKIERG TIMER

One person starts on each movement (substitute movements okay!). The SkiErg is the "timer" for 250 meters.

At 250m, the skier calls "DONE" and everyone rotates to the next movement, including the the SkiErg, for 250m. Repeat until each person has completed each movement.

Rest 3-5 minutes and repeat circuit 1-2 times.



**SkiErg for
Calories**



**Dumbbell
Hammer
Curls**



**BikeErg for
Calories**

**Hollow
Hold Flutter
Kicks**



**Russian Kettlebell
Swings**



FIGHT GONE ERG

3 rounds (advanced 5 rounds) of 1 minute at each station to complete as many reps as possible.

Min 1 – BikeErg for Calories

Min 2 – Russian Kettlebell Swings (53/35)

Min 3 – Hollow Hold Flutter Kicks (only count right leg)

Min 4 – Dumbbell Hammer Curls (35s/25s)

Min 5 – SkiErg for Calories

Min 6 – Rest

Substitute any available erg on minute 1 or minute 5.