



PARK MAYHEM WORKOUT

WIDE GRIP PULL-UPS: 10-12 REPS

SS

TOE-TO-BAR: 10-12 REPS

SS

DIPS: 10-12 REPS

SS

SIDE OBLIQUE HANGS: 10-12 REPS

SS

IN & OUTS: 10-12 REPS

SS

MOUNTAIN CLIMBERS: 25-30 REPS

SS

PUSH-UPS: 25-30 REPS

SS

NEUTRAL GRIP RING PULL-UPS: 10-12 REPS

***5 ROUNDS TOTAL: 60 SEC REST AFTER EACH
ROUND**