

Black Mamba

Advanced // 20 Minutes or Less

Workout Notes: Complete four rounds of this circuit, performing the prescribed number of reps for each exercise. Take additional rest as needed, but try to take it between rounds.

| # | Exercise: | Reps: | Rounds: | Workout Notes: |
|---|--------------------------------------|-------|---------|----------------|
| 1 | Barbell Power Clean | 5 | 4 | |
| 2 | Barbell Push-Press | 5 | 4 | |
| 3 | Barbell Single-Leg Romanian Deadlift | 5 | 4 | |
| 4 | Chin/Pull-Up | 5 | 4 | |
| 5 | Barbell Rollout | 5 | 4 | |

Record the number of reps you managed in each round under the 'Workout Notes' column. Use the following format: 5, 5, 5, 5, 4, 4, 3, 3, 3 and so on...