



Full Clock Mix

1. 2' @ 150 watt
2' @ 220 watt
2' @ 150 watt
2. **L 4 – 270 watt+ / 200 watt (minimum)**
2' of 30": 30"
2' of 20": 20"
2' of 15": 15"
2' of 40": 40"
2' of 50": 10"
3. 2 min @ 100 watt
4. **L 4 – 270 watt+ / 200 watt (minimum)**
2' of 30": 30"
2' of 20": 20"
2' of 15": 15"
2' of 40": 40"
2' of 50": 10"
5. 4' cool-down of your choice

Session = 32'

