



**DEKA™**



**10 DEKA  
ZONES**

**ZONE 1: 30 RAM ALT REVERSE LUNGES**

**ZONE 2: 500M ROW**

**ZONE 3: 20 BOX JUMP/ STEP OVER**

**ZONE 4: 25 MED BALL SIT-UP THROW**

**ZONE 5: 500M SKI ERG**

**ZONE 6: 100M FARMER CARRY**

**ZONE 7: 25KCAL AIR BIKE**

**ZONE 8: 20 BALL OVER SHOULDER TOSS**

**ZONE 9: 100M TANK PUSH/PULL**

**ZONE 10: 20 RAM BURPEES**