

GRAVITY 14



NORTH | 45:15 | Dumbbells/Small Kettle Bells

Start Position	Gravity	Start Position	Turf	
Towards	Single Arm Golf Rotation	Standing	DB/KB Alt. Halo	1x WARM UP ROUND
Towards	Wide Row	Standing	DB/KB Alt. L Shape Shoulder Raise	2x STRENGTH ROUND (Double Sided)
Away	Push Up Hold + Leg Raise	Standing	DB/KB Tricep Push Up	
Towards	Alt. Torso Twist	Push-Up Plank	DB/KB Thruster	
Side On	Bicep Curl R	Standing	DB/KB Renegade Row R	2x STRENGTH ROUND (Single Sided)
Side On	Bicep Curl L	Leaning Lunge	DB/KB Renegade Row L	
Away	Chest Fly	Standing	DB/KB Fast Alt. Snatch	
Side On	Suspended Oblique Plank R	Supine	DB Crunches	2x POWER ROUND
Side On	Suspended Oblique Plank L	Side On	DB/KB Static Hold Side Plank	
Side On	T-Spine Rotation R	Standing	Shoulder Stretch to Tricep Stretch R then L	1x FLOW ROUND
Side On	T-Spine Rotation L	Standing	Chest Opener to Forwards Fold + Roll Up	