

GRAVITY 9

ISOLATE | 45:15 | Kettle Bells

| Start Position | Gravity | Start Position | Turf | 1x WARM UP ROUND |
|-----------------|--------------------------|----------------|----------------------------|---------------------------|
| Towards | Cossack Lunge | Standing | Squat Walkout | 2x STRENGTH ROUND (UPPER) |
| Away | Single Arm Chest Press R | Bent over | Single Arm Bent over Row R | |
| Away | Single Arm Chest Press L | Bent over | Single Arm Bent over Row L | |
| Towards | T - Fly | Standing | Shoulder Press | |
| Away | Suspended Lunge R | Standing | Goblet Squat | 2x STRENGTH ROUND (LOWER) |
| Away | Suspended Lunge L | Standing | Single Leg Deadlift R | |
| Towards | Squat + Calf Raise | Standing | Single Leg Deadlift L | |
| Away | Mountain Climber's | Supine | Toe Touches | 2x POWER ROUND (CORE) |
| Away | Oblique Jack Knife | Sitting | Russian Twists | |
| Breathing Speed | | | | 1x FLOW ROUND |
| Towards | Hip Hinge | Down Dog | Down Dog | |
| Towards | Hip Flexor + Reach | Stomach | Scorpion | |