

# GRAVITY 12

**BURN | 45:15 | Kettle Bells**

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Golf Rotations	Push Up Plank	Groiners	
Note: add pulses or plyo to last 20 seconds				2x STRENGTH ROUND
Towards	Static Cross Back Lunge R	Standing	KB Double Rack Squat	
Away	Tricep Push Up(inside grip)	Standing	KB Shoulder Press	
Towards	Wide Row	Standing	KB Bent Over Row	2x STRENGTH ROUND
Note: add pulses or plyo to last 20 seconds				
Towards	Y Fly Hold + Squat	Standing	KB Single Rack Lunge R	
Side On	Suspended Side Lunge R	Standing	KB Single Rack Lunge L	2x POWER ROUND
Side On	Suspended Side Lunge L	Supine	Reverse Crunch (Hold KB as anchor behind head)	
Note: add pulses or plyo to last 20 seconds				
Towards	Bicycle Leg Crunches	Standing	Uneven KB Push Up R	2x POWER ROUND
Towards	Suspended Hip Bridge	Standing	KB Sumo Squat	
				1x FLOW ROUND
Towards	Back Bend	Supine	Figure 4 to Quad Stretch R	
Towards	Hip Hinge + Rotation	Supine	Figure 4 to Quad Stretch L	