

# GRAVITY 10

ISOLATE | 40:10 | Kettle Bells



Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Squat + Row	Standing	KB Swings (light)	
Away	Lunge + Y Fly	Forearms	Plank Rotations	
				2x STRENGTH ROUND (UPPER)
Towards	Single Arm Row R	Standing	KB Up Right Row	
Towards	Single Arm Row L	Standing	KB Push Press	
Away	Chest Press	Push-Up Plank	KB Tricep Push Up	
				2x STRENGTH ROUND (LOWER)
Towards	Pistol Squat to Deadlift R	Standing	KB Rack Static Lunge R	
Towards	Pistol Squat to Deadlift L	Standing	KB Rack Static Lunge L	
Towards	Suspended Bridge Ham Curl Combo	Supine	KB Hip Bridge	
				2x POWER ROUND (CORE)
Towards	Crunch and Curl	Stomach	Back Raise	
Away	Suspended Pike Jacks	4 Point	Bunny Hops	
				1x FLOW ROUND
Towards	Hip Hinge	Down Dog	Down Dog	
Towards	Hip Flexor + Reach	Stomach	Scorpion	