



GRAVITY 4

NORTH | 45:15 | Dumbbells/Small Kettle Bells

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Hip Drop + Y Fly	Standing	DB/KB Alt. Halo	2x STRENGTH ROUND (Double Sided)
Towards	Low Row	Standing	DB/KB Military Press	2x STRENGTH ROUND (Single Sided)
Away	Tricep Push Up	Standing	DB/KB Upright Row	
Away	Standing Ab Roll Out	Push-Up Plank	DB/KB Push Up	
				2x POWER ROUND
Towards	Power Pull R	Standing	DB/KB Fast Alt. Bicep Curls	
Towards	Power Pull L	Leaning Lunge	DB/KB Tricep Kick Back R	
Towards	Alt. Crocodile	Standing	DB/KB Fast Alt. Jabs	
				1x FLOW ROUND
Towards	Muscle Up	Sitting	DB Jack Knife	
Away	Suspended Plank Hinge	Side On	DB/KB Side Plank + Half Rotation	
Side On	T-Spine Rotation R	Standing	Glut Stretch R then L	
Side On	T-Spine Rotation L	Standing	Chest Opener to Forwards Fold + Roll Up	