



GRAVITY 17

BURN | 45:15 | Dumbbells/Small Kettle Bells

Start Position	Gravity	Start Position	Turf	
Towards	Golf Rotations	Push Up Plank	Groiners	1x WARM UP ROUND
Note: add pulses or plyo to last 20 seconds				
Towards	Squat	Standing	Lunge + Shoulder Press R	2x STRENGTH ROUND
Away	Chest Press	Standing	Lunge + Side Raise Press L	
Towards	Bi Curl	Standing	Sumo Squat + Upright Row	
Note: add pulses or plyo to last 20 seconds				2x STRENGTH ROUND
Towards	Hover Cross Back Lunge R	Standing	Single Db/KB overhead Windmill R	
Towards	Hover Cross Back Lunge L	Standing	Single Db/KB overhead Windmill L	
Away	Tricep Extension	Standing	Bent Over Low Row	
Note: add pulses or plyo or speed to last 20 seconds				2x POWER ROUND
Towards	Suspended Supine Mountain Climbers	Lying Supine Legs Bent	DB/KB to Forehead Crunch	
Towards	Suspended Jack knife	Push Up Plank	Alt. DB/KB Pull Through	
Breathing Speed				1x FLOW ROUND
Away	Alt. I Fly Lunge	Seated	Pigeon Stretch with Walking Arms R	
Towards	Hip Hinge + Rotation	Supine	Pigeon Stretch with Walking Arms L	