

# GRAVITY 8



## NORTH | 45:15 | Body Weight

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Single Arm Golf Rotation	Pushup Plank	Alt. Animal Flow Kick Throughs	
				2x STRENGTH ROUND
Towards	Power Pull R	Pushup Plank	Alt. Staggered Pushup	
Towards	Power Pull L	Pushup Plank	Tricep Hinge	
Towards	Alt. Crocodile	Down Dog	Shoulder Pushup	2x STRENGTH ROUND
Side On	Bicep Curl R	Down Dog	Hindu's	
Side On	Bicep Curl L	Sitting	Crab Walk Forward & Back	2x STRENGTH ROUND
Away	Roll Out Chest Press	Pushup Plank	Alt. Superman's	
				2x POWER ROUND
Away	Kneeling Rollout + Tricep Extension	Standing	1 Arm Burpee R	
Away	Plank	Standing	1 Arm Burpee L	
Breathing Speed				1x FLOW ROUND
Side On	T-Spine Rotation R	Standing	Shoulder Stretch to Tricep Stretch R then L	
Side On	T-Spine Rotation L	Standing	Open Chest Stretch + Forward Fold	