



GRAVITY 6

BURN | 45:15 | Dumbbells/Small Kettle Bells

Start Position	Gravity	Start Position	Turf	
Towards	Alt. Single Leg Dead Lift	Standing	Fast Body Weight Squats with Arm Circles	1x WARM UP ROUND
Note: add pulses or plyo to last 20 seconds				
Away	Front squat	Standing	L Lunge Hold + Alt. Bicep Curls	2x STRENGTH ROUND
Away	Tricep Press	Standing	R Lunge Hold + Alt. Shoulder Press	
Towards	Low Row	Standing	Sumo Squat + Upright Row	
Note: add pulses or plyo to last 20 seconds				2x STRENGTH ROUND
Away	Suspended Lunge R	Standing	Single Db/KB overhead Windmill R	
Away	Suspended Lunge L	Standing	Single Db/KB overhead Windmill L	
Away	Chest Press	Standing	Squat Hold + Alt. Jabs	
Note: add pulses or plyo or speed to last 20 seconds				2x POWER ROUND
Towards	Suspended Bicycle Legs	Supine	Reverse Crunch with DB/KB as Anchor	
Away	Suspended Jack knife	Plank	Side Plank + DB/KB Tuck Rotation R	
Breathing Speed				1x FLOW ROUND
Towards	Active Gluet Stretch R	Push Up Plank	Alt. Hip Opener to Mountain Climber	
Towards	Active Gluet Stretch L	Standing Triangle	Forwards Fold Walk Left to Right	