

# GRAVITY 5



COMBO | 45:15 | Bosu

Start Position	Gravity	Start Position	Bosu Position	Turf	1x WARM UP ROUND
Towards	Hip Hinge	Standing	^	Alt. Step Over Squat	2x STRENGTH ROUND 1
Towards	Alt. Pistol Squats	Standing on Bosu	v	Squat	2x STRENGTH ROUND 2
Towards	Wide Row	Supine - Feet on Bosu	v	Hip Bridge	
Away	Kneeling Plank Roll Out	Push Up Plank	v	Mountain Climbers	
					2x POWER ROUND
Away	Hip Hinge	Standing Front Leg on	v	R Leg on Bosu Lunge	
Away	L Leg Sprinter	Standing Front Leg on	v	L Leg on Bosu Lunge	
Away	Superman	Push Up Plank	v	Push Up Hold + L & R Lean	
Away	Side Plank R	Lower Back on Bosu	^	Bosu Crunches	1x FLOW ROUND
Away	Side Plank L	4 Point on Bosu	^	Alt. Superman	
Breathing Speed					1x FLOW ROUND
Towards	Suspended Split Stretch R	Standing on Bosu	v	Star Pose R	
Towards	Suspended Split Stretch L	Standing on Bosu	v	Star Pose L	