

GRAVITY 19

NORTH | 45:15 | Body Weight

Start Position	Gravity	Start Position	Turf	
Towards	Single Arm Golf Rotation	Pushup Plank	Alt. Groiners + Chest Opener	1x WARM UP ROUND
Towards	Low Row	Pushup Plank	Alt. Staggered Pushup	2x STRENGTH ROUND
Away	Chest Fly	Sitting	Tricep Dip	
Away	Standing Rollout	Down Dog	Shoulder Pushup	
				2x STRENGTH ROUND
Towards	Bicep Clutch Curl	Down Dog	Hindu's	
Away	Kneeling Tricep Extension	Plank	Plank to Pushup	
Towards	Y Fly	Pushup Plank	Alt. Superman's	
				2x POWER ROUND
Side On	R Kneeling Oblique Rollout	Side Plank	Side Plank Twist R	
Side On	L Kneeling Oblique Rollout	Side Plank	Side Plank Twist 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	