



# GRAVITY 2

## BURN | 45:15 | Bosu

Start Position	Gravity	Start Position	Bosu Position	Turf	1x WARM UP ROUND
Towards	Sumo Squat + Row	Plank	^	Bosu Forearm Plank Rotations	<b>1x WARM UP ROUND</b>
Note: add pulses or plyo to last 20 seconds					
Towards	Squat	2 Legs on Standing	v	Standing Bosu Squats	<b>2x STRENGTH ROUND 1</b>
Away	Chest Press	1 Leg on Standing	v	Bosu Static Lunge R	
Towards	Mid Row	2 Hands on Plank	v	Bosu Push Up	
Note: add pulses or plyo to last 20 seconds					<b>2x STRENGTH ROUND 2</b>
Away	Kneeling Tricep Extension	2 Feet on Supine	^	Bosu Hip Bridge	
Away	Front Squat	Side on	^	Bosu Forearm Side Plank Dips R	
Towards	Pistol Squat R	1 Hand on Plank	^	Hand on Bosu Push Up R	
Note: add pulses or plyo to last 20 seconds					<b>2x POWER ROUND</b>
Away	Suspended Jack Knife	Supine	^	Bosu Crunch	
Side On	Suspended Side Plank R	Standing	v	Bosu Clean & Press	
					<b>1x FLOW ROUND</b>
Towards	Quad Stretch to Dancer Pose R	1 Knee on Bosu	^	Kneeling Warrior to Hamstring Stretch R	
Towards	Quad Stretch to Dancer Pose L	1 Knee on Bosu	^	Kneeling Warrior to Hamstring Stretch L	