



GRAVITY 1

COMBO | 45:15 | Plates

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Alt Cross Back Lunge	Standing	Walk Out	
				2x STRENGTH ROUND (COMBO)
Towards	Alt. Pistol Squat	Standing	Alt. Overhead Plate Lunge	
Away	Tricep Extension	Push-Up Plank	Alt. Hand on Plate Push Up	
Towards	Forearm Plank	Sitting	Full Plate Sit-Up	2x STRENGTH ROUND (COMBO)
Towards	Hover Lunge + Knee Lift R	Standing	Plate Squat Walk Out + In	
Away	Chest Fly	Standing	Plate Tricep Extension	2x POWER ROUND
Kneeling Side On	Oblique Roll Out R	Standing	Plate Truck Drivers	
				2x POWER ROUND
Away	Super Man	Push-Up Plank	Alt. Plate Pull Through	
Towards	Hip Drop + Y Fly	Standing	Plate Thruster	1x FLOW ROUND
Towards	Alt. Single Leg Deadlift	Standing	Warrior 2 + Reverse Warrior R	
Away	Wall Slide	Standing	Warrior 2 + Reverse Warrior L	