

GRAVITY 21

ISOLATE | 45:15 | Kettle Bells



Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Away	Lunge + Y Fly	Standing	KB Figure 8	2x STRENGTH ROUND (UPPER)
Towards	Wide Row	Standing	KB Shoulder Press	
Towards	Bicep Curl	Bent Over	KB Bent Over Row	
Away	Tricep Dips	Standing	KB Tricep Overhead Extension	
Away	Front Squat	Standing	KB Goblet Squat	2x STRENGTH ROUND (LOWER)
Towards	Pistol Squat L	Standing	KB Deadlift	
Towards	Pistol Squat R	Standing	KB Alt. Side Lunge	
Towards	Forearm in Foot Cradle Plank	Sitting	KB Russian Twists	2x POWER ROUND (CORE)
Away	Suspended Pike	Push-Up Plank	KB Pull Through	
Towards	Hip Bridge	Down Dog	Down Dog	1x FLOW ROUND
Towards	Hip Flexor + Reach	Stomach	Scorpion	