



GRAVITY 18

SOUTH | 45:15 | Plates

Start Position	Gravity	Start Position	Turf	
Towards	Squat + Row	Standing	Alt. Adductor Lunges	1x WARM UP ROUND
Towards	R Hover Lunge + Knee Drive	Standing	Overhead Squat	2x STRENGTH ROUND (COMBO)
Towards	L Hover Lunge + Knee Drive	Standing	Alt. Lunge + Twist	
Away	Front Squat	Lying Supine	Hip Bridge	
				2x STRENGTH ROUND (COMBO)
Side On	R Suspended Side Lunge	Standing	Deadlift	
Side On	L Suspended Side Lunge	Squat	Alt. Up Down Squat	
Away	Squat Walk	Standing	Alt. Skater Lunge	
				2x POWER ROUND
Away	Suspended Pike	Sitting	Sit-up + Shoulder Press	
Away	Suspended Plank	Push-Up Plank	Alt. Plate Pull Through	
Breathing Speed				1x FLOW ROUND
Towards	Alt. Single Leg Deadlift	Sitting	Alt. Crab Reach	
Away	Wall Slide	Squat	Ape Reach	

