

# GRAVITY 26

COMBO | 45:15 | Plates



Start Position	Gravity	Start Position	Turf	
Towards	Squat + Y Fly	Standing	Alt. Lunge + Twist	<b>1x WARM UP ROUND</b>
Towards	Lunge + Front Leg Knee Lift R	Standing	Plate Bicep Curl + Shoulder Press	<b>2x STRENGTH ROUND (COMBO)</b>
Towards	Lunge + Front Leg Knee Lift L	Standing	Plate Bent Over Row	
Away	Alt. Uneven Push Up	Standing	Plate Front Raise Squat	
				<b>2x STRENGTH ROUND (COMBO)</b>
Away	Front Squat	Push-Up Plank	Alt. Walking Push Ups	
Towards	Hip Drop + Y Fly	Standing	Plate Good Mornings	
Away or Towards	Kneeling Ab Roll Out	Standing	Alt. Back Stepping Lunge + Plate Press	
				<b>2x POWER ROUND</b>
Away	Super Man	Sitting	Plate Russian Twists	
Towards	Muscle-Up	Push-Up Plank	Plank Jacks On & Off Plate	
				<b>1x FLOW ROUND</b>
Towards	Alt. Single Leg Deadlift	Sitting	Alt. Crab Reach	
Towards	Back Bend	Squat	Ape Reach	