



GRAVITY 16

COMBO | 45:15 | Bosu

Start Position	Gravity	Start Position	Bosu Position	Turf	1x WARM UP ROUND
Towards	Hip Hinge	Standing	^	Squat	1x WARM UP ROUND
Towards	Alt. Pistol Squats	Standing on Bosu	v	Squat	2x STRENGTH ROUND 1
Towards	Alt. Crocodile Fly	Supine - Feet on Bosu	v	Hip Bridge	
Away	Kneeling Plank Roll Out	Push Up Plank	v	Mountain Climbers	
					2x STRENGTH ROUND 2
Away	R Leg Sprinter	Standing Front Leg on	v	R Leg on Bosu Lunge	
Away	L Leg Sprinter	Standing Front Leg on	v	L Leg on Bosu Lunge	
Away	Superman	Push Up Plank	v	Push Up Hold + L & R Lean	
					2x POWER ROUND
Away	Side Plank R	Lower Back on Bosu	^	Bosu Crunches	
Away	Side Plank R	Forearms on Bosu	^	Rotating Forarm Plank	
					1x FLOW ROUND
Towards	T-Spine Rotation R	R Knee On	^	Hip Flexor to Hamstring Stretch	
Towards	T-Spine Rotation L	L Knee On	^	Hip Flexor to Hamstring Stretch	