



GRAVITY 15

ISOLATE | 45:15 | KETTLE BELLS

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Away	Lunge + I Fly	Standing	KB Swings (light)	
				2x STRENGTH ROUND (UPPER)
Towards	Single Arm Power Pull R	Standing	KB Shoulder Press	
Towards	Single Arm Power Pull L	Standing	KB Push Up	
Away	Tricep Extension	Push-Up Plank	KB Bent Over Row	
				2x STRENGTH ROUND (LOWER)
Towards	Pistol Squat R	Standing	KB Swings (heavy)	
Towards	Pistol Squat L	Standing	KB Dead Lift (heavy)	
Away	Front Squat	Supine	KB Alt. Back Stepping Lunges	
				2x POWER ROUND (CORE)
Towards	Crunch and Curl	Stomach	KB Russian Twists	
Away	Suspended Plank Jacks	4 Point	(KB Grip) Burpee	
				1x FLOW ROUND
Towards	Hip Hinge	Down Dog	Down Dog	
Towards	Hip Flexor + Reach	Stomach	Scorpion	