

GRAVITY 23



BURN | 45:15 | Bosu

Start Position	Gravity	Start Position	Bosu Position	Turf	1x WARM UP ROUND
Towards	Hip Hinge	1 Leg on Standing	^	Alt. Bosu Step Down Squats	1x WARM UP ROUND
Note: add pulses or plyo to last 20 seconds					
Towards	Squat	2 Legs on Standing	v	Standing Bosu Squats	2x STRENGTH ROUND 1
Away	Chest Press	1 Leg on Standing	v	Bosu Static Lunge R	
Towards	Mid Row	2 Hands on Plank	v	Bosu Spiderman Push up	
Note: add pulses or plyo to last 20 seconds					2x STRENGTH ROUND 2
Away	Kneeling Tricep Extension	2 Feet on Supine	^	Bosu Hip Bridge	
Away	Front Squat	Side on	^	Bosu Forearm Side Plank Dips R	
Towards	Pistol Squat R	1 Hand on Plank	^	Alt. Hand on Bosu Push Up	
Note: add pulses or plyo to last 20 seconds					2x POWER ROUND
Away	Suspended Jack Knife	Supine	^	Bosu Crunch	
Side On	Suspended Side Plank R	Standing	v	Bosu Clean & Press + 1/2 Burpee	
					1x FLOW ROUND
Towards	Quad Stretch to Dancer Pose R	1 Knee on Bosu	^	Kneeling Warrior to Hamstring Stretch R	
Towards	Quad Stretch to Dancer Pose L		^	Kneeling Warrior to Hamstring Stretch L	