

GRAVITY 13



SOUTH | 45:15 | Bosu

Start Position	Gravity	Start Position	Bosu Position	Turf	
Towards	Squat & Row	Standing on Bosu	^	Squat up & over	1x WARM UP ROUND
Towards	Squat Hold Walk/Jump In & Out	Standing	v	Overhead Bosu Squat	2x STRENGTH ROUND 2
Towards	Pistol to Hover Lunge R	Standing on Bosu	v	Alt. Back Stepping Lunge	
Away	Sprinter R	Standing on Bosu	v	Standing Bosu Squats	
					2x STRENGTH ROUND 2
Towards	Alt. Cossack Lunge	Push Up Plank	v	Bosu Gluet Kick R (Straight leg heel raise)	
Side On	Suspended Side Lunge R	Standing Back Leg on	v	Bosu Bulgarian Lunge R	
Side On	Suspended Side Lunge L	Standing Back Leg on	v	Bosu Bulgarian Lunge L	
					2x POWER ROUND
Towards	Hip Bridge + Hamstring Curl Combo	1 Leg on Standing	^	Bosu Up & Overs	
Away	Suspended Plank Pendulum	Standing	^	Bosu Reverse Crunch to Stand	
					1x FLOW ROUND
Towards	Split Stretch R	Forearm 4 Point	^	Bosu Forearm Alt. Kick Throughs	
Towards	Split Stretch L	4 Point	^	Alt. Superman Reach	