

GRAVITY 11

COMBO | 45:15 | Plates

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Golf Rotations	Standing	Walk Out	
				2x STRENGTH ROUND (COMBO) Add isometric hold when able for added burn
Towards	Lunge + Front Leg Knee Lift R	Standing	Bicep Curl + Press	
Towards	Lunge + Front Leg Knee Lift L	Standing	Plate Bent Over Row	
Away	Ab Roll Out	Standing	Plate Overhead Squat	
				2x STRENGTH ROUND (COMBO)
Away	Front Squat	Standing	Plate Front Raises	
Towards	W Fly	Standing	Plate Good mornings	
Away or Towards	Forearm Plank	Standing	Static Lunge + Plate Press	
				2x POWER ROUND
Away	Super Man	Sitting	Plate Russian Twists	
Towards	Pull Through	Push-Up Plank	Plank Jacks On & Off Plate	
				1x FLOW ROUND
Towards	Alt. Single Leg Deadlift	Sitting	Alt. Crab Reach	
Away	Wall Slide	Squat	Ape Reach	