

GRAVITY 24

SOUTH | 45:15 | Kettle Bells



Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Alt. Curtsy Lunge	Standing	Squat to Knee Lift	
				2x STRENGTH ROUND (Double Sided)
Towards	Squat Walk/Jump Out & In	Standing	KB Sumo Squat	
Towards	Suspended Hip Bridge	Standing	KB Deadlift	
Towards	Suspended Hamstring Curl	Standing	KB Swings (heavy)	2x STRENGTH ROUND (Single Sided)
Away	Suspended Lunge R	Standing	KB Single Leg Dead Lift R	
Towards	Pistol Squat R	Standing	KB Static Lunge R	
Away	Sprinter R	Standing	KB Static Lunge L	
				2x POWER ROUND
Away	Suspended Pendulum Jack Knife	Standing	KB Windmill R	
Away	Suspended Mountain Climbers	Standing	KB Thruster	1x FLOW ROUND
Towards	Back Bend	Supine	Figure 4 to Quad Stretch R	
Towards	Hip Hinge + Rotation	Supine	Figure 4 to Quad Stretch L	