



GRAVITY 7

SOUTH | 45:15 | Kettle Bells

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Squat + Row	Standing	Alt. Cross Back Lunges	
				2x STRENGTH ROUND (COMBO)
Towards	R Hover Lunge + Knee Drive	Standing	Overhead Squat	
Towards	L Hover Lunge + Knee Drive	Standing	Sumo Squat	
Away	Front Squat	Standing	Deadlift	2x STRENGTH ROUND (COMBO)
Side On	R Suspended Side Lunge	Standing	1 Arm Rack Lunge R	
Side On	L Suspended Side Lunge	Standing	1 Arm Rack Lunge L	
Towards	Alt. Pistol Squat	Standing	Double Rack Squat Walks Out & In	2x POWER ROUND
Away	Suspended Mountain Climbers	Standing	Alt. Lunge + Twist	
Away	Suspended Pendulum Plank	KB Push-Up Plank	Jump In & Out	
Breathing Speed				1x FLOW ROUND
Towards	Alt. Single Leg Deadlift	Sitting	Alt. Crab Reach	
Away	Wall Slide	Squat	Ape Reach	