

GRAVITY 31



ISOLATE | 45:15 | Kettle Bells

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Cossack Lunge	Standing	Squat Walkout	
				2x STRENGTH ROUND (UPPER)
Away	Single Arm Chest Press R	Bentover	Single Arm Bentover Row R	
Away	Single Arm Chest Press L	Bentover	Single Arm Bentover Row L	
Towards	T - Fly	Standing	Shoulder Press	
				2x STRENGTH ROUND (LOWER)
Away	Suspended Lunge R	Standing	Goblet Squat	
Away	Suspended Lunge L	Standing	Single Leg Deadlift R	
Towards	Squat + Calf Raise	Standing	Single Leg Deadlift L	
				2x POWER ROUND (CORE)
Away	Mountain Climber's	Supine	Toe Touches	
Away	Oblique Jack Knife	Sitting	Russian Twists	
Breathing Speed				1x FLOW ROUND
Towards	Hip Hinge	Down Dog	Down Dog	
Towards	Hip Flexor + Reach	Stomach	Scorpion	