

# GRAVITY 22



## COMBO | 45:15 | Plates

Start Position	Gravity	Start Position	Turf	1x WARM UP ROUND
Towards	Golf Rotations	Standing	Walk Out	
Towards	Alt. Pistol Squat	Standing	Alt. Overhead Plate Lunge	2x STRENGTH ROUND (COMBO)
Away	Tricep Extension	Push-Up Plank	Alt. Hand on Plate Push Up	
Away	Kneeling Ab Roll Out	Sitting	Full Plate Sit-Up	
Towards	Hover Lunge + Knee Lift R	Standing	Plate Squat Walk Out + In	2x STRENGTH ROUND (COMBO)
Away	Hover Lunge + Knee Lift R	Standing	Plate Tricep Extension	
Away	Chest Fly	Standing	Plate Truck Drivers	
Away	Super Man	Standing	Plate Clean + Over Shoulder Twist	2x POWER ROUND
Towards	Hip Drop + Y Fly	Standing	Plate Thruster	
Towards	Alt. Single Leg Deadlift	Sitting	Alt. Crab Reach	1x FLOW ROUND
Away	Wall Slide	Squat	Ape Reach	