

GPP RUN + PLATE CIRCUIT #2

1. Plate Fwd Lunge x 6ea
2. Plate SA Bent Over Row x 10ea
3. Plate Lateral Lunge x 6ea
4. Plate Push Ups x 10
5. Plate SL RDL x 8ea
6. Plate OH Press x 10
7. Plate Side Plank Hip Dip x 12ea
8. Plate Squat to Rotational Press x 6ea
9. Plate RDL x 12
10. Plate Rotational Lunge x 6ea
11. Plate Bent Over Rot. SA Row x 12ea
12. Plank Leg Hop x 20

MEN: 25-35lb Plate

WOMEN: 10-25lb Plate

Complete 3-4 sets as fast as possible maintaining MAX HR & TECHNIQUE throughout, 2min rest/set

