

Free2Bfit360 | MTRW #58 | Whole Body _____ Date: _____ Time: _____

***T-Grip Bars: Use Free2Bfit360 *exclusive* promo code "SVETLANA" and get a discount on your entire [T-Grip equipment order](#)**

***GripSling: Use Free2Bfit360 *exclusive* promo code "SVETLANA" to get 20% OFF your entire [GripSling order](#)**

EXERCISE		Rest	Set #1	Set #2	Set #3	Set #4	Set #5	Notes
		Work	Reps	Reps	Reps	Reps	Reps	
#1	Bear Crawl Lateral	15 sec						
		45 sec						
#2	Back rolls to sit up	15 sec						
		45 sec						
#3	Superman	15 sec						
		45 sec						
#4	Crabby Patty	15 sec						
		45 sec						

*TG = T-Grip Bar | WV = Weighted Vest | KB = Kettlebell | KC = Clubbell | DB = Dumbbell

**Get your Peak Optimal Performance (POP) Nutrition Recipes to power up your MTRW workouts at www.free2bfit360.com.

***Instagram @free2bfit360 | Pinterest @free2bfit360 | Facebook @ essefit | Twitter @free2bfit360