

Free2Bfit360 | MTRW #63 | \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

\*\*\*Use Free2Bfit360 *exclusive* promo code "SVETLANA" and get a discount on your entire T-Grip equipment order\*\*

| EXERCISE    |  | Rest   | Set #1 | Set #2 | Set #3 | Set #4 | Notes |
|-------------|--|--------|--------|--------|--------|--------|-------|
|             |  | Work   | Weight | Weight | Weight | Weight |       |
| Superset #1 | Renegade Bar Squat                       | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
|             | Push ups                                 | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
| Superset #2 | Kneeling KB High Row   L                 | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
|             | Kneeling KB High Rows   R                | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
| Superset #3 | Abduction Machine                        | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
|             | Med Ball Tuck                            | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
| Superset #4 | Cable Machine Step out Squat   L         | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
|             | Cable Machine Step out Squat   R         | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
| Superset #5 | Hanging Grip Holds                       | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |
|             | Pulley Plank + Knee to Opposite Shoulder | 15 sec |        |        |        |        |       |
|             |  | 60 sec |        |        |        |        |       |

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

\*\*FREE printable POPN meal plans and MTRW workout templates at [www.free2bfit360.com](http://www.free2bfit360.com).

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