

Free2Bfit360 | MTRW #64 | _____ 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	KB Walking lunges	15 sec					
		60 sec					
	Push ups	15 sec					
		60 sec					
Superset #2	T-Grip Deadlift L	15 sec					
		60 sec					
	T-Grip Deadlift R	15 sec					
		60 sec					
Superset #3	T-Grip Max Abductor R	15 sec					
		60 sec					
	T-Grip Max Abductor L	15 sec					
		60 sec					
Superset #4	T-Grip Max Kickback L	15 sec					
		60 sec					
	T-Grip Max Kickback R	15 sec					
		60 sec					
Superset #5	Hanging Leg Raises	15 sec					
		60 sec					
	Plank Leg Kickback	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.

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