

Free2Bfit360 | MTRW #65

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	RKC Plank	20 sec					
	Glute Bridge Barbell	20 sec					
Sumo Walks		20 sec					
#2	KB Deadlift R + L	15 sec					
		60 sec					
Superset #3	Low Pulley Abductor R	15 sec					
		60 sec					
	Low Pulley Abductor L	15 sec					
		60 sec					
Superset #4	Low Pulley Kickback L	15 sec					
		60 sec					
	Low Pulley Kickback R	15 sec					
		60 sec					
Superset #5	Jump Up 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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