

Weight Plate

Perform each move for 60 seconds of work with 30 seconds of rest between moves:

	Exercise	Work	Rest
1	ISO Split Squat Truck Drivers <i>Left/Weak Side</i>	60s	30s
2	ISO Split Squat Halos <i>Right/Strong Side</i>	60s	30s
3	Bottoms-Up Cleans <i>Left/Weak Side</i>	60s	30s
4	Bottoms-Up Cleans <i>Right/Strong Side</i>	60s	30s
5	ISO Squat Curl to Press	60s	30s
6	Pizza Plate Overhead Presses <i>Left/Weak Side</i>	60s	30s
7	Pizza Plate Overhead Presses <i>Right/Strong Side</i>	60s	30s
8	Chops <i>30 seconds/side</i>	60s	30s
9	Overhead Reverse Lunges	60s	30s
10	ISO Crunch Dead Bugs	60s	30s

That's 1 round. Perform 2 total rounds.

