

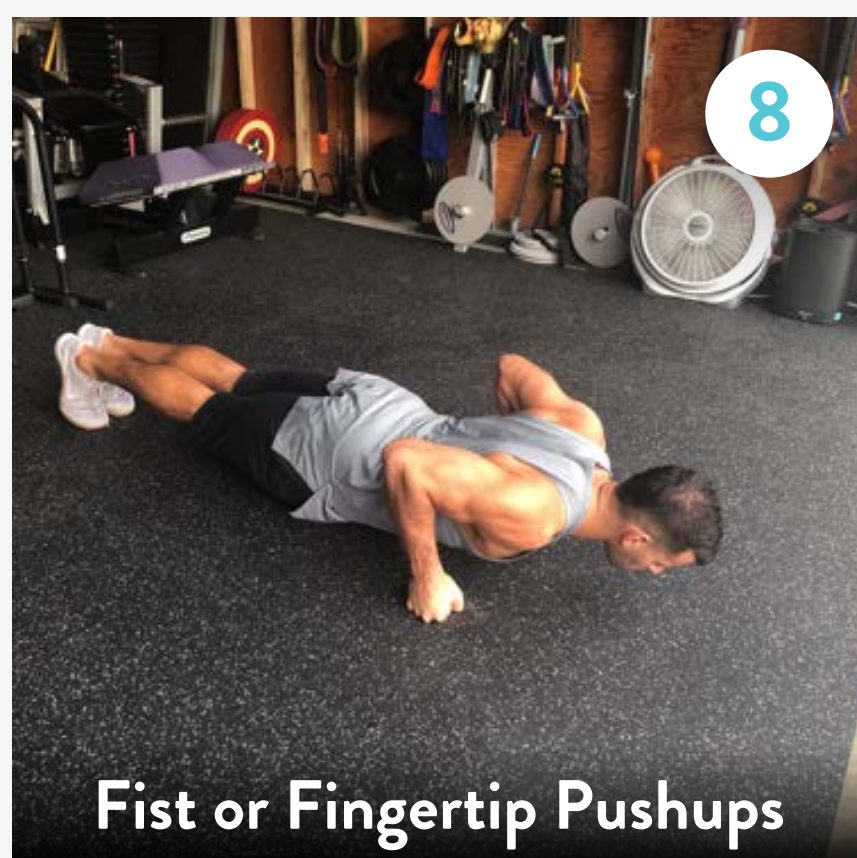
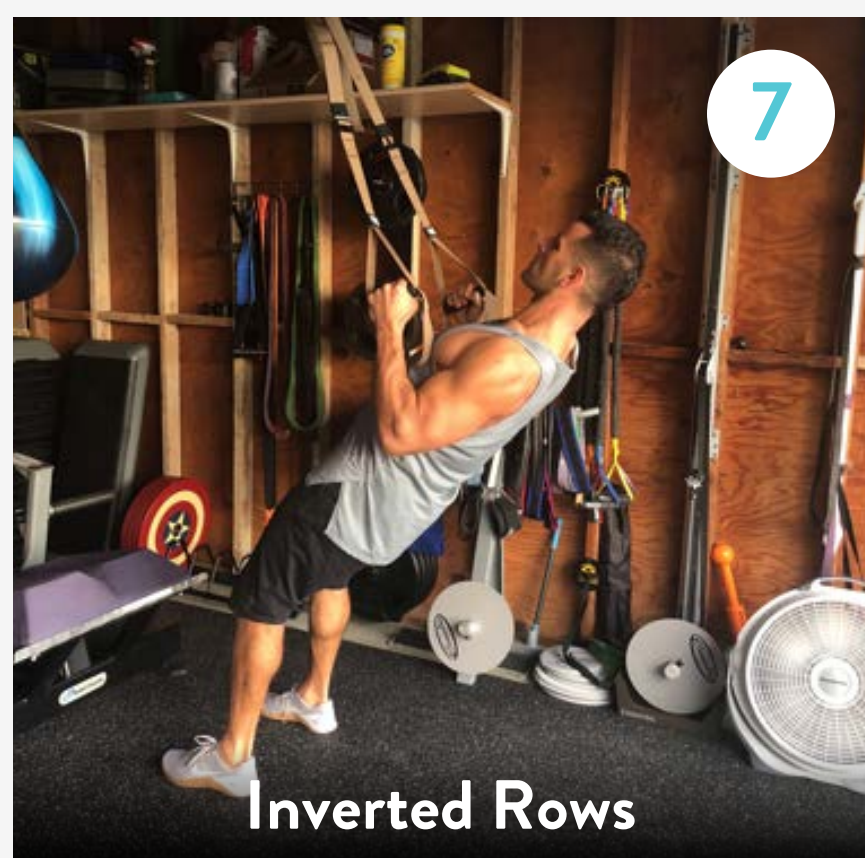
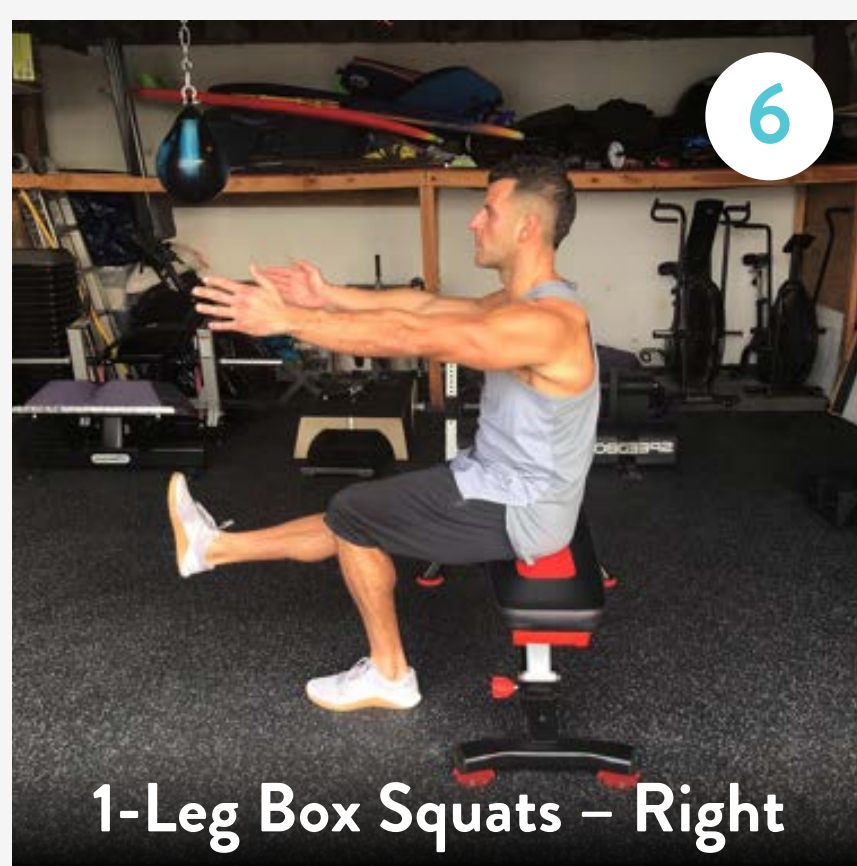
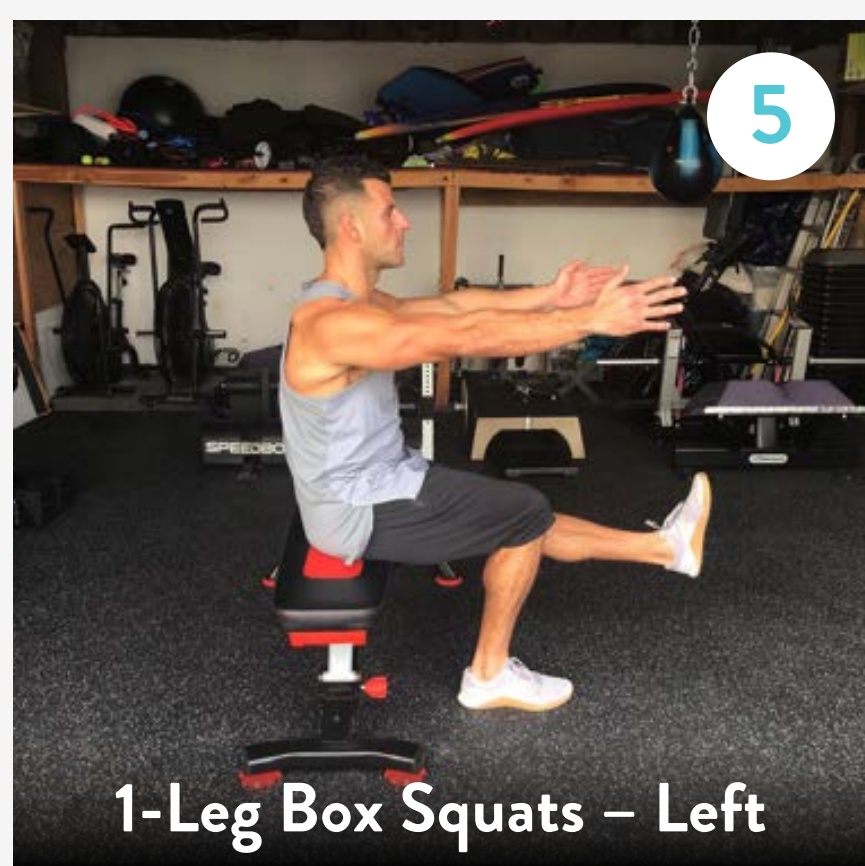
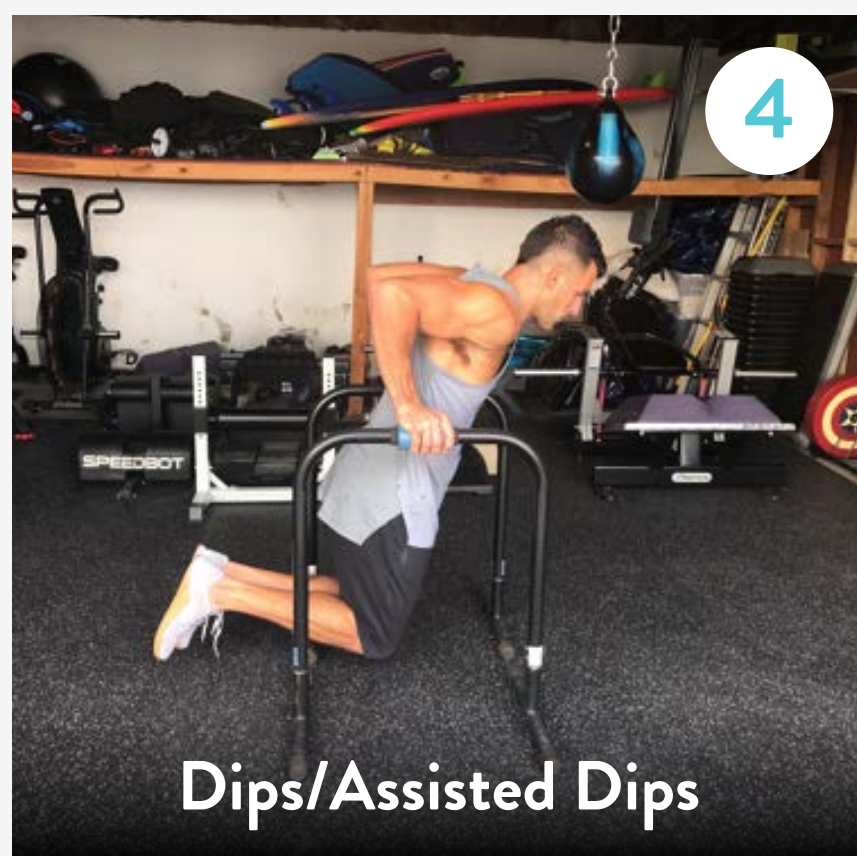
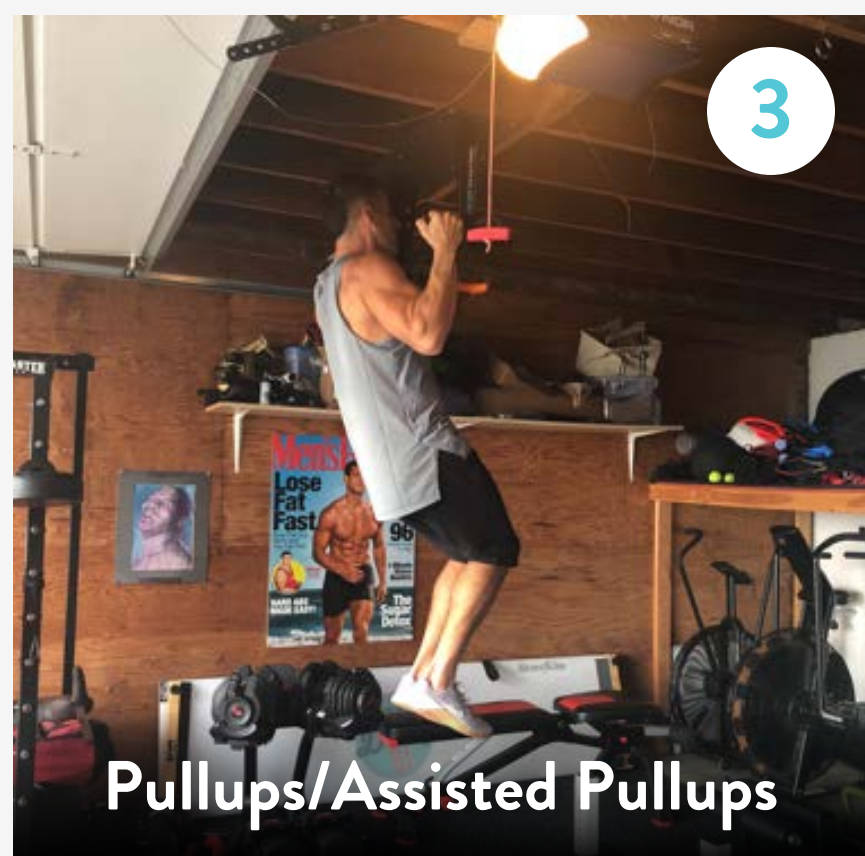
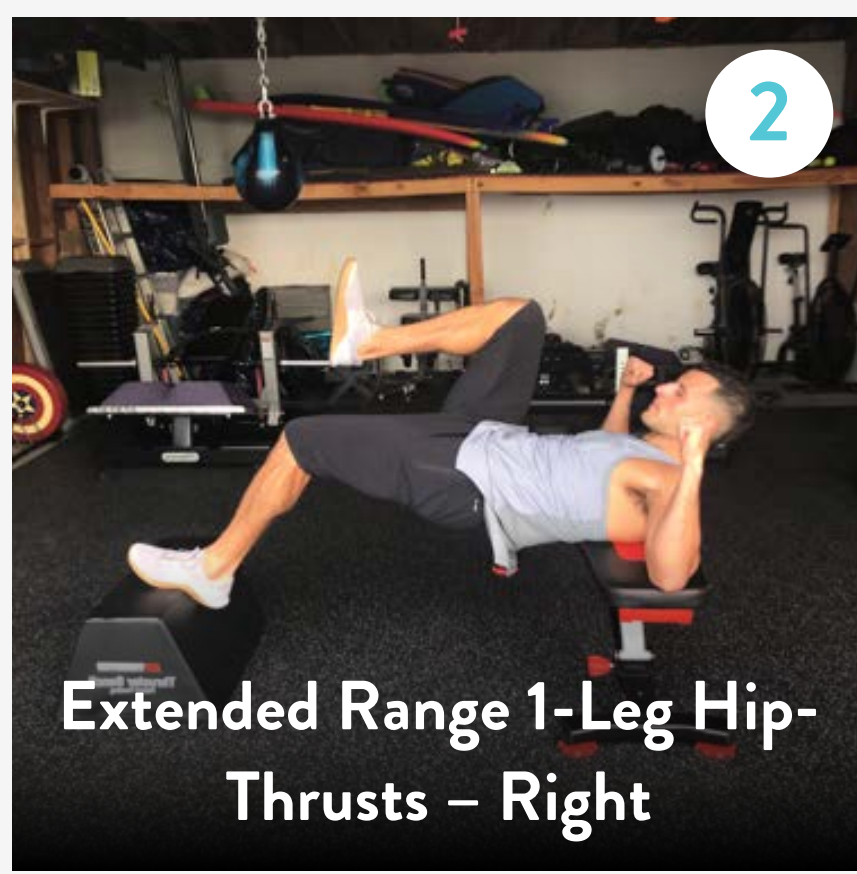
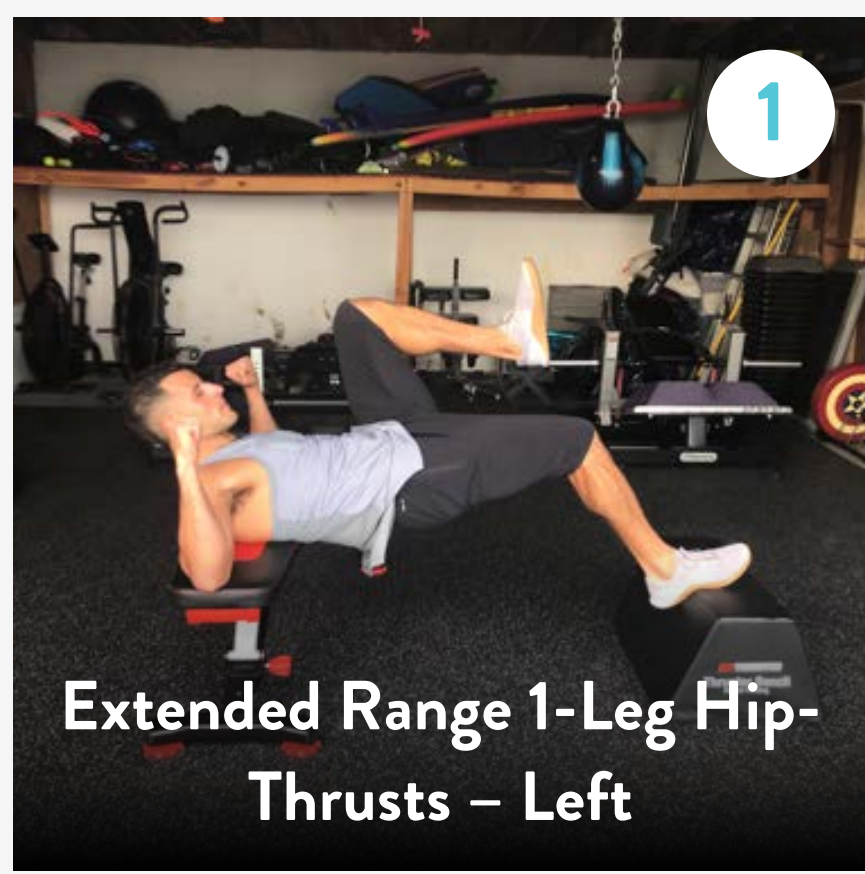
Premium Equipment Bodyweight

Perform each move for 60 seconds of work with 15 seconds of rest between moves:

Do up to 3 total rounds, resting a minute between rounds.

	Exercise	Work	Rest
1	Extended Range 1-Leg Hip-Thrusts – Left	60s	15s
2	Extended Range 1-Leg Hip-Thrusts – Right	60s	15s
3	Pullups/Assisted Pullups	60s	15s
4	Dips/Assisted Dips	60s	15s
5	1-Leg Box Squats – Left	60s	15s
6	1-Leg Box Squats – Right	60s	15s
7	Inverted Rows	60s	15s
8	Fist or Fingertip Pushups	60s	15s

1 Round = 10 Minutes. Repeat **3x**



See this workout at:

<https://thedailybj.vhx.tv/february-2019-workouts/videos/workout-6-premium-equipment-bodyweight>