

Premium Equipment Bodyweight

Round 1

Perform each move for 40 seconds of work with no rest between moves:

	Exercise	Work	Rest
a	Pullups or Inverted Rows	40s	0s
b	Bulgarian Split Squats <i>Left/Weak Side</i>	40s	0s
c	Bulgarian Split Squats <i>Right/Strong Side</i>	40s	0s

Rest 1 Minute

Round 2

Perform each move for 40 seconds of work with no rest between moves:

	Exercise	Work	Rest
a	Dips or Pushups	40s	0s
b	1-Leg Sliding Leg Curl or Hip-Thrust <i>Left/Weak Side</i>	40s	0s
c	1-Leg Sliding Leg Curl or Hip-Thrust <i>Right/Strong Side</i>	40s	0s

Rest 1 Minute

That's 1 cycle. Do up to 5 total cycles for a 30-minute workout.

