

## Premium Equipment Bodyweight

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:

### Round 1

#### Strength Stack

	Exercise	Work	Rest
1a	Eccentric Pullups/Rows	60s	0s
1b	Extended Side-Lying Hip Raises <i>Left Side</i>	60s	0s
1c	Extended Side-Lying Hip Raises <i>Right Side</i>	60s	0s

### Round 2

#### Shadow Boxing Combo

	Exercise	Work	Rest
2a	2-3-2 Combos (Cross-Hook-Cross) <i>Orthodox Stance</i>	90s	0s
2b	2-3-2 Combos (Cross-Hook-Cross) <i>Southpaw Stance</i>	90s	0s

### Round 3

#### Strength Stack

	Exercise	Work	Rest
3a	Eccentric Dips / Pushups	60s	0s
3b	Banded Low Box RFE Split Squats <i>Left Side</i>	60s	0s
3c	Banded Low Box RFE Split Squats <i>Right Side</i>	60s	0s

### Round 4

#### Shadow Boxing Combo

	Exercise	Work	Rest
4a	Triple Hooks (High-Low-High) <i>Orthodox Stance</i>	90s	0s
4b	Triple Hooks (High-Low-High) <i>Southpaw Stance</i>	90s	0s

Completing all 4 rounds is one full cycle. Perform up to 3 total cycles.

