

GUTS WORKOUT

WARM UP: LIGHT SHADOW BOXING

HEAVY SQUAT: 2 x 6 (& WARM UP SET)

HEAVY BENCH: 2 x 6 (& WARM UP SET)

HEAVY DEADLIFT: 2 x 6 (& WARM UP SET)

OVERHEAD PRESS: 2 x 6 (& WARM UP SET)

LAT ROW: 3 x 6

GAMA CAST/KETTLEBELL HALOS: 3 x 25

ATLAS SWINGS: 3 x 1 Minute

KETTLEBELL SWING: 3 x 1 Minute

GOBLET CURLS: 2 x 20

ALTERNATING BALISTIC KB ROW: 3 x 20

SUITCASE CARRY: 3 x 2 MINUTE

