

30 min home workout

30 Minute Home Workout				
		<i>REST</i>	<i>SETS</i>	<i>REPS</i>
A1	<u>BANDED FACE PULL</u>	0	2	60 SEC
A2	<u>SUSPENSION TRAINER PUSHUP</u>	0	2	60 SEC
B1	<u>SUSPENSION TRAINER SINGLE ARM ROW R</u>	0	2 - 3	30 SEC
B2	<u>SUSPENSION TRAINER SINGLE ARM FALL OUT R</u>	0	2 - 3	30 SEC
B3	<u>SUSPENSION TRAINER SINGLE ARM ROW L</u>	0	2 - 3	30 SEC
B4	<u>SUSPENSION TRAINER SINGLE ARM FALL OUT L</u>	30	2 - 3	30 SEC
C1	<u>SLIDER HAMSTRING CURL</u>	0	1	60 SEC
C2	<u>LEG LIFT WITH HIP PRESS</u>	0	1	60 SEC
C3	<u>SUSPENSION TRAINER ATOMIC PUSHUP WITH PIKE</u>	0	1	60 SEC



BOD IN A BOX