



FINISHER AFTER WEIGHTS WORKOUT (ADVANCED)

	<u>EXERCISE</u>	<u>Time</u> <u>MAX EFFORT</u> <u>WHEN</u> <u>WORKING!</u> <u>ON/OFF</u>	<u>SETS</u> <u>(1) Set is time</u> <u>on/off. Work</u> <u>for time then</u> <u>rest when off =</u> <u>1 set done.</u>	<u>REST TIME</u> <u>AFTER ALL SETS</u> <u>COMPLETED</u>
1	Skierg Machine	20/20	9	2 Minutes
2	Rower	15/15	8	2 Minutes
3	Deadball slam's	20/20	9	1 Minute
4	**To be performed consecutively** Plank Sitting/hanging knee tuck Russian twist	15/15	8	Finished!

