

THUNDER VALLEY WORKOUT

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 1 - 3-4 SETS BEFORE NEXT MOVEMENT

LIFT

REPS

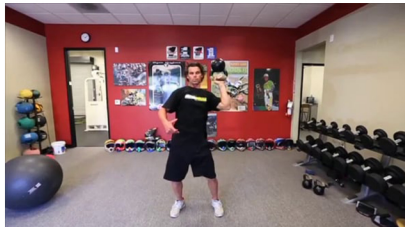
REST



BAR ON FRONT SQUATS

6-8

NO REST



STANDING SHOULDER PRESS

6-8

Rest 2 Minutes,
then begin part 2

PART 2 - 3-4 SETS BEFORE NEXT MOVEMENT



BARBELL BENT OVER ROW

6-8

NO REST



SWISS BALL CHEST ONE ARM

8-10

Rest 2 Minutes,
then begin part 3