

THUNDER VALLEY WORKOUT

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 3 - 3-4 SETS

LIFT	REPS	REST
 <p>SWISS BALL LOW AB</p>	MAX form	NO REST
 <p>FLOOR TO FLOOR</p>	1 Minute	Rest 1 Minute