

WORKOUT #1

EQUIPMENT NEEDED FOR WORKOUT:
 BOX, KETTLE BELLS, CABLE MACHINE, SWISS BALL

SETS: 3 - 4

LIFT

REPS

REST



JUMP BOX

1 MIN

NO REST



RENEGADE SQUATS

1 MIN

NO REST



CABLE PUSH

30 SECONDS
 PER SIDE

NO REST



CABLE PULL

30 SECONDS
 PER SIDE

NO REST



**SWISS BALL SIDE
 FLEXION**

30 SECONDS
 PER SIDE

REST 1 MINUTE
 THEN REPEAT