

WORKOUT #5

**EQUIPMENT NEEDED FOR WORKOUT:
 SWISS BALL, BARBELL, CABLE MACHINE, BROOM STICK**

SETS: 3 - 4

LIFT

REPS

REST

CIRCUIT 1: STANDING SQUATS ON SWISS BALL & CLEAN JERK

SWISS BALL SQUATS



**30 SECONDS
 AT A TIME**

**NO REST:
 CONTINUE TO
 NEXT MOVEMENT**



CLEAN JERK

6 - 8

**REST: 1 MINUTE
 THEN REPEAT
 CIRCUIT 1 OF 4**

CIRCUIT 2: BARBELL SWISS BALL CHEST PRESS, BARBELL BENT OVER ROW & WOOD CHOP

CHEST PRESS



8 - 10

**NO REST:
 CONTINUE TO NEXT
 MOVEMENT**

BARBELL ROW



8 - 10

**NO REST:
 CONTINUE TO NEXT
 MOVEMENT**

WOOD CHOP



8 - 10

**REST: 1 MINUTE
 THEN REPEAT
 CIRCUIT 2 OF 4**