

# WORKOUT #5

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

**SETS: 3 - 4**

**LIFT**

**REPS**

**REST**

## CIRCUIT 3: HANGING LEG RAISES



**HANGING LEG RAISES**

**8 - 10**

**REST: 1 MINUTE  
 THEN REPEAT  
 CIRCUIT 3 OF 4**

## CIRCUIT 4: SUPINE LATERAL BALL ROLL

**SUPINE ROLL**



**5 SECONDS  
 HOLD  
 5 TIMES EACH**

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

## COMPLETE WORKOUT #5 SUMMARY

RYAN HUGHES DESIGNED EACH PROGRAM TO FOCUS ON STRENGTH BUILDING AND MUSCULAR ENDURANCE. EACH CIRCUIT IS CUSTOMIZABLE TO YOUR PERSONAL NEEDS AND STRENGTHS. ALL CIRCUITS MUST BE PREFORMED IN 3 TO 4 SETS FOR MAXIMUM RESULTS.

**FOR BEST RESULTS:**

- 1) WATCH RYAN'S TRAINING VIDEOS ON RYNOPOWERGYM.COM
- 2) SETUP CIRCUIT WITHIN CLOSE PROXIMITY WITH EACH OTHER
- 3) PROGRAM A TIMER (WATCH OR PHONE) AHEAD OF WORKOUT
- 4) REHYDRATE AFTER EACH CIRCUIT (WATER AND RYNO POWER CARBO-FUEL)
- 5) REST BETWEEN CIRCUITS

**REMEMBER TO CHARGE LIFE WITH RYNO POWER!**