

WORKOUT #6

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

SETS: 3 - 4

LIFT

REPS

REST

CIRCUIT 1: KNEELING SWISS BALL FIGURE 8'S & SUMO DEAD LIFTS

FIGURE 8'S



30 SECONDS

**NO REST:
 CONTINUE TO
 NEXT MOVEMENT**

SUMO LIFTS



4 - 6

**REST: 2 - 3 MINUTES
 THEN REPEAT
 CIRCUIT 1 OF 4**

CIRCUIT 2: LOW ROW, SWAN PUSH-UPS & PULL-UPS

LOW ROW



8 - 10

**NO REST:
 CONTINUE TO NEXT
 MOVEMENT**

SWAN PUSH-UP



MAX FORM

**NO REST:
 CONTINUE TO NEXT
 MOVEMENT**

PULL-UPS



MAX FORM

**REST: 2 - 3 MIN
 THEN REPEAT
 CIRCUIT 2 OF 4**