

WORKOUT #6

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

SETS: 3 - 4

LIFT

REPS

REST

CIRCUIT 3: SWISS BALL LOWER ABS

SWISS BALL LOWER ABS



8 - 10

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

CIRCUIT 4: HORSE STANCE

HORSE STANCE



**5 - 10 SECONDS
 HOLD 4- 5
 EACH SIDE**

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

COMPLETE WORKOUT #6 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 PERFORMED 3 TO 4 TIMES 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!