

WORKOUT #6

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, CABLE MACHINE, BROOM STICK

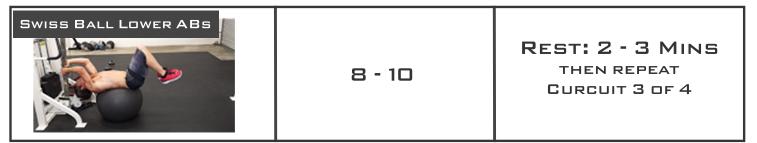
SETS: 3 - 4

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LIFT
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REPS

REST

CIRCUIT 3: Swiss Ball Lower Abs



CIRCUIT 4: 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 PREFORMED 3 TO FOR 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 RYND POWER CARBO-FUEL)
- 5) REST BETWEEN CIRCUITS

REMEMBER TO CHARGE LIFE WITH RYNO POWER!