




# HANGTOWN WORKOUT 1

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 1 OF 2 - SETS: 2-3

LIFT	REPS	REST
 <p>KNEELING SWISS BALL</p>	30 Seconds	NO REST: Continue to Next Movement
 <p>SQUATS</p>	10 - 15	NO REST: Continue to Next Movement
 <p>SEATED SWISS BALL ALT PRESS</p>	8-10	NO REST: Continue to Next Movement
 <p>ALT BENT OVER ROW</p>	10 - 15	NO REST: Continue to Next Movement
 <p>OVERHEAD PRESS LEG CHANGE</p>	1 Minute	REST: 30 seconds begin next set




## HANGTOWN WORKOUT 2

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 2 OF 2 - SETS: 2-3

LIFT	REPS	REST
 <p>SUPERMAN ALT LEG-ARM &amp; TVA 2</p>	<p>30 seconds to 1 minute each</p>	<p>NO REST</p>