







## THUNDER VALLEY WORKOUT

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 1 - 3-4 SETS BEFORE NEXT MOVEMENT

LIFT	REPS	REST
 <p>BAR ON FRONT SQUATS</p>	6-8	NO REST
 <p>STANDING SHOULDER PRESS</p>	6-8	Rest 2 Minutes, then begin part 2
PART 2 - 3-4 SETS BEFORE NEXT MOVEMENT		
 <p>BARBELL BENT OVER ROW</p>	6-8	NO REST
 <p>SWISS BALL CHEST ONE ARM</p>	8-10	Rest 2 Minutes, then begin part 3



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SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 3 - 3-4 SETS

LIFT	REPS	REST
 <p>SWISS BALL LOW AB</p>	MAX form	NO REST
 <p>FLOOR TO FLOOR</p>	1 Minute	Rest 1 Minute