

1 WARMUP

WEIGHT SELECTION

Light barbell + 2x light plates



DEMONSTRATE

SET Position

TRACK FOCUS

Connect your class to the workout through the music, timing and target zones.

SET	TIME	MUSIC	REPS	EXERCISE	REPS
1	0:00	Rest	20	Shoulder Roll SET Position	10
	0:10	45	10	20 DEADLIFT	10
	0:20	75	10	1/2	10
	0:30	90	10	20 DEADROW	10
	0:40	1	10	1/2	10
2	1:10	75	10	20 UPRIGHT ROW SET Position	10
	1:20	75	10	1/2	10
	1:30	90	10	COMBINATION 1 1x 1/2 CLEAN & PRESS (1-10) 1x 1/2 DEADROW (1-10)	10
TRANSITION	1:40	45	10	Shoulder Roll Transition MC Stance Squat	10
3	2:20	75	10	4-4 SQUAT MC Stance	10
	2:30	45	10	1/2 (SQUAT) Lead 2-10, step off feet back	10
	2:40	1	10	1/2 LUNGE L Switch legs on last 2-10	10
	2:50	1	10	1/2 LUNGE R	10
	3:00	75	10	Lead 2-10, transition to MC Stance	10
	3:10	45	10	1/2 SQUAT MC Stance	10
TRANSITION	3:20	75	10	DOWN quickly and HOLD (1-10) and UP slowly (1-10)	10
4	3:30	75	10	Transition Pick up light plates	10
	3:40	45	10	4-4 SIDE RAISE SET Position	10
	3:50	1	10	1/2 (SQUAT)	10
	4:00	1	10	1/2 SIDE ROTATOR RAISE (1-10)	10
4:10	75	10	1/2 SIDE ROTATOR RAISE with 1/2 CLEAN PRESS and down to SET Position	10	

RECOMMEND: Shake the arms and legs, light torso twists.

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F Rizvi



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