



# Chisel Balance

GF2 revolution

Date/Day					
<b>Round 1</b>					
1-Leg Squat Sit- 15	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
<b>Round 2</b>					
1-Leg Bridge Pullover- 15	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
<b>Round 3</b>					
1-Leg Squat Deadlift- 15	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
<b>Round 4</b>					
Up-Down	Rr _____	Rr _____	Rr _____	Rr _____	Rr _____
	Lr _____	Lr _____	Lr _____	Lr _____	Lr _____
<b>Round 5</b>					
Split Squat Jump	Rr _____	Rr _____	Rr _____	Rr _____	Rr _____
	Lr _____	Lr _____	Lr _____	Lr _____	Lr _____
	Rr _____	Rr _____	Rr _____	Rr _____	Rr _____
	Lr _____	Lr _____	Lr _____	Lr _____	Lr _____
<b>Round 6</b>					
Renegade Row Leg Lift	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
<b>Round 7</b>					
1-Arm Press Bridge- 15	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
<b>Round 8</b>					
Balance Row Pistol Squat- 15	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____

Equipment: Bench/Ball, Weights, Water, Towel, Mat

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