



# Hammer Conditioning

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Date/Day					
<b>Round 1 - 12 Reps</b>					
Clock Push-Up Crunch	r _____	r _____	r _____	r _____	r _____
	r _____	r _____	r _____	r _____	r _____
Side Lunge Row	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
<b>Round 2 - 12 Reps</b>					
Fly Lunge Twist	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
Sumo Squat Press	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
<b>Round 3 - 12 Reps</b>					
Burpee Renegade Upright Row	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
SLDL Crunch	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
<b>Round 4 - 12 Reps</b>					
Plank Raise Tap Crunch	Rr _____	Rr _____	Rr _____	Rr _____	Rr _____
	Lr _____	Lr _____	Lr _____	Lr _____	Lr _____
Reverse Lunge Curl Kick Back	R _____	R _____	R _____	R _____	R _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____

Equipment: Weights/Bands  
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