



Resistance 1

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IG: gf2_fitness



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| Date/Day | | | | | |
|----------------------------------|-----------|-----------|-----------|-----------|-----------|
| Directive "Keep It Clean" | | | | | |
| Push-Ups | 25r _____ | 25r _____ | 25r _____ | 25r _____ | 25r _____ |
| | 20r _____ | 20r _____ | 20r _____ | 20r _____ | 20r _____ |
| | 15r _____ | 15r _____ | 15r _____ | 15r _____ | 15r _____ |
| Squat Thrust | 15w _____ | 15w _____ | 15w _____ | 15w _____ | 15w _____ |
| | 20w _____ | 20w _____ | 20w _____ | 20w _____ | 20w _____ |
| | 25w _____ | 25w _____ | 25w _____ | 25w _____ | 25w _____ |
| Pull-Ups | 15r _____ | 15r _____ | 15r _____ | 15r _____ | 15r _____ |
| | 12r _____ | 12r _____ | 12r _____ | 12r _____ | 12r _____ |
| | 8r _____ | 8r _____ | 8r _____ | 8r _____ | 8r _____ |
| Chopper Lunge | 14w _____ | 14w _____ | 14w _____ | 14w _____ | 14w _____ |
| | 18w _____ | 18w _____ | 18w _____ | 18w _____ | 18w _____ |
| | 20w _____ | 20w _____ | 20w _____ | 20w _____ | 20w _____ |
| Sit-Up Punch | 30r _____ | 30r _____ | 30r _____ | 30r _____ | 30r _____ |
| | 25r _____ | 25r _____ | 25r _____ | 25r _____ | 25r _____ |
| | 20r _____ | 20r _____ | 20r _____ | 20r _____ | 20r _____ |
| Sprint Burpee Push-Up | 9Rds | 9Rds | 9Rds | 9Rds | 9Rds |

| Date/Day | | | | | |
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| Push-Ups | 25r _____ | 25r _____ | 25r _____ | 25r _____ | 25r _____ |
| | 20r _____ | 20r _____ | 20r _____ | 20r _____ | 20r _____ |
| | 15r _____ | 15r _____ | 15r _____ | 15r _____ | 15r _____ |
| Squat Thrust | 15w _____ | 15w _____ | 15w _____ | 15w _____ | 15w _____ |
| | 20w _____ | 20w _____ | 20w _____ | 20w _____ | 20w _____ |
| | 25w _____ | 25w _____ | 25w _____ | 25w _____ | 25w _____ |
| Pull-Ups | 15r _____ | 15r _____ | 15r _____ | 15r _____ | 15r _____ |
| | 12r _____ | 12r _____ | 12r _____ | 12r _____ | 12r _____ |
| | 8r _____ | 8r _____ | 8r _____ | 8r _____ | 8r _____ |
| Chopper Lunge | 14w _____ | 14w _____ | 14w _____ | 14w _____ | 14w _____ |
| | 18w _____ | 18w _____ | 18w _____ | 18w _____ | 18w _____ |
| | 20w _____ | 20w _____ | 20w _____ | 20w _____ | 20w _____ |
| Sit-Up Punch | 30r _____ | 30r _____ | 30r _____ | 30r _____ | 30r _____ |
| | 25r _____ | 25r _____ | 25r _____ | 25r _____ | 25r _____ |
| | 20r _____ | 20r _____ | 20r _____ | 20r _____ | 20r _____ |
| Sprint Burpee Push-Up | 9Rds | 9Rds | 9Rds | 9Rds | 9Rds |