



# Resistance 2

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Date/Day					
<b>Directive "Call It Out"</b>					
<b>Burpee Press</b>	20w _____	20w _____	20w _____	20w _____	20w _____
	15w _____	15w _____	15w _____	15w _____	15w _____
	10w _____	10w _____	10w _____	10w _____	10w _____
<b>Jump Squats</b>	20w _____	20w _____	20w _____	20w _____	20w _____
	25w _____	25w _____	25w _____	25w _____	25w _____
	30w _____	30w _____	30w _____	30w _____	30w _____
<b>Chin-Up L Crunch</b>	12r _____	12r _____	12r _____	12r _____	12r _____
	10r _____	10r _____	10r _____	10r _____	10r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
<b>Punch Pull</b>	8w _____	8w _____	8w _____	8w _____	8w _____
	10w _____	10w _____	10w _____	10w _____	10w _____
	12w _____	12w _____	12w _____	12w _____	12w _____
<b>Corkscrew Lift</b>	20r _____	20r _____	20r _____	20r _____	20r _____
	15r _____	15r _____	15r _____	15r _____	15r _____
	10r _____	10r _____	10r _____	10r _____	10r _____
Date/Day					
<b>Directive "Call It Out"</b>					
<b>Burpee Press</b>	20w _____	20w _____	20w _____	20w _____	20w _____
	15w _____	15w _____	15w _____	15w _____	15w _____
	10w _____	10w _____	10w _____	10w _____	10w _____
<b>Jump Squats</b>	20w _____	20w _____	20w _____	20w _____	20w _____
	25w _____	25w _____	25w _____	25w _____	25w _____
	30w _____	30w _____	30w _____	30w _____	30w _____
<b>Chin-Up L Crunch</b>	12r _____	12r _____	12r _____	12r _____	12r _____
	10r _____	10r _____	10r _____	10r _____	10r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
<b>Punch Pull</b>	8w _____	8w _____	8w _____	8w _____	8w _____
	10w _____	10w _____	10w _____	10w _____	10w _____
	12w _____	12w _____	12w _____	12w _____	12w _____
<b>Corkscrew Lift</b>	20r _____	20r _____	20r _____	20r _____	20r _____
	15r _____	15r _____	15r _____	15r _____	15r _____
	10r _____	10r _____	10r _____	10r _____	10r _____