



Resistance 3

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Date/Day					
Directive "Engage The Cage"					
Pump Jumpers	25r_____	25r_____	25r_____	25r_____	25r_____
	20r_____	20r_____	20r_____	20r_____	20r_____
	15r_____	15r_____	15r_____	15r_____	15r_____
Split Lunge Thrust	20w_____	20w_____	20w_____	20w_____	20w_____
	25w_____	25w_____	25w_____	25w_____	25w_____
	30w_____	30w_____	30w_____	30w_____	30w_____
Arm Balance Row	16w_____	16w_____	16w_____	16w_____	16w_____
	14w_____	14w_____	14w_____	14w_____	14w_____
	12w_____	12w_____	12w_____	12w_____	12w_____
Mountain Squats	14w_____	14w_____	14w_____	14w_____	14w_____
	18w_____	18w_____	18w_____	18w_____	18w_____
	20w_____	20w_____	20w_____	20w_____	20w_____
Scissor Clappers	50r_____	50r_____	50r_____	50r_____	50r_____
	40r_____	40r_____	40r_____	40r_____	40r_____
	30r_____	30r_____	30r_____	30r_____	30r_____

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Directive "Engage The Cage"					
Pump Jumpers	25r_____	25r_____	25r_____	25r_____	25r_____
	20r_____	20r_____	20r_____	20r_____	20r_____
	15r_____	15r_____	15r_____	15r_____	15r_____
Split Lunge Thrust	20w_____	20w_____	20w_____	20w_____	20w_____
	25w_____	25w_____	25w_____	25w_____	25w_____
	30w_____	30w_____	30w_____	30w_____	30w_____
Arm Balance Row	16w_____	16w_____	16w_____	16w_____	16w_____
	14w_____	14w_____	14w_____	14w_____	14w_____
	12w_____	12w_____	12w_____	12w_____	12w_____
Mountain Squats	14w_____	14w_____	14w_____	14w_____	14w_____
	18w_____	18w_____	18w_____	18w_____	18w_____
	20w_____	20w_____	20w_____	20w_____	20w_____
Scissor Clappers	50r_____	50r_____	50r_____	50r_____	50r_____
	40r_____	40r_____	40r_____	40r_____	40r_____
	30r_____	30r_____	30r_____	30r_____	30r_____

