



Resistance Spec Ops



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Date/Day					
Directive "Challenge To Change"					
Plange Push-Ups	12r _____	12r _____	12r _____	12r _____	12r _____
	10r _____	10r _____	10r _____	10r _____	10r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
Clean Squat Press	10w _____	10w _____	10w _____	10w _____	10w _____
	15w _____	15w _____	15w _____	15w _____	15w _____
	20w _____	20w _____	20w _____	20w _____	20w _____
Track Star Pull-Ups	12r _____	12r _____	12r _____	12r _____	12r _____
	10r _____	10r _____	10r _____	10r _____	10r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
California Roll	4r _____	4r _____	4r _____	4r _____	4r _____
	6r _____	6r _____	6r _____	6r _____	6r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
High-Low Boat	20r _____	20r _____	20r _____	20r _____	20r _____
	15r _____	15r _____	15r _____	15r _____	15r _____
	12r _____	12r _____	12r _____	12r _____	12r _____
Directive "Challenge To Change"					
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Plange Push-Ups	12r _____	12r _____	12r _____	12r _____	12r _____
	10r _____	10r _____	10r _____	10r _____	10r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
Clean Squat Press	10w _____	10w _____	10w _____	10w _____	10w _____
	15w _____	15w _____	15w _____	15w _____	15w _____
	20w _____	20w _____	20w _____	20w _____	20w _____
Track Star Pull-Ups	12r _____	12r _____	12r _____	12r _____	12r _____
	10r _____	10r _____	10r _____	10r _____	10r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
California Roll	4r _____	4r _____	4r _____	4r _____	4r _____
	6r _____	6r _____	6r _____	6r _____	6r _____
	8r _____	8r _____	8r _____	8r _____	8r _____
High-Low Boat	20r _____	20r _____	20r _____	20r _____	20r _____
	15r _____	15r _____	15r _____	15r _____	15r _____
	12r _____	12r _____	12r _____	12r _____	12r _____