

GSK FIT Workout - 2/17/2020

Warm-up

Priming Set: (2x)

Mountain Climbers x 15 ea leg
DB Farmer's Carry x :30 sec
Duck Walks x 3 boxes w/4 steps ea way

Set 1: (4x)

DB Step-ups x 6 ea leg

Set 2: (3x)

DB Lawnmower Rows x 10,8,6 ea
DB Goblet Squats w/Pulse x 10,8,6

Finisher Set: (10 min)

2,4,6,8,10...

KB Swings

Burpees

Russian Twist

Mobility/Stretching (5 min)