

Med Ball BSS / Mayhem

тежка телесна повреда

Perform each move for 60 seconds of work with 15 seconds of rest between moves:

	Exercise	Work	Rest
1	BSS ISO Twist + Reach <i>Left</i>	60s	15s
2	BSS ISO Twist + Reach <i>Right</i>	60s	15s
3	BSS Hinge to Low Trap Press <i>Left</i>	60s	15s
4	BSS Hinge to Low Trap Press <i>Right</i>	60s	15s
5	BSS Side to Side Slams + Level Change <i>Left</i>	60s	15s
6	BSS Side to Side Slams + Level Change <i>Right</i>	60s	15s
7	BSS TEMPO Rotational Chops <i>Left</i>	60s	15s
8	BSS TEMPO Rotational Chops <i>Right</i>	60s	15s
9	SS Thruster to Overhead Triceps Extension (30/30 Heavy/Light) <i>Left</i>	60s	15s
10	SS Thruster to Overhead Triceps Extension (30/30 Heavy/Light) <i>Right</i>	60s	15s

That's 1 round that takes 12.5 minutes to complete. Perform up to 3 total rounds. Feel free to rest 1-2 minutes between rounds if needed.

