

GO TENSION WORKOUT 2

Circuit A: 3 Rounds of (Muscle-up, A-frame, Burpee) performed Back to Back
1 minute rest between each circuit or as needed.



15 Reps Each Side



15 Reps Each Side



10-20 Reps Each Side

Circuit B: 3 Rounds of (Row, Chest Press, Triceps) performed Back to Back
1 minute rest between each circuit or as needed.



10-15 Reps



10 Reps Each side



10 Reps

Circuit C: 3 Rounds of (Superman, Bulgarian, RDL) performed Back to Back
1 minute rest between each circuit or as needed.



10-15 Reps



10 Reps Each Side



10-15 Reps