



# 60 MIN – FULL BODY WORKOUTS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	6:00	6:00	6:00	6:00	6:00	7:00
	8:15	8:15	8:15	8:15	8:15	8:15
	9:30	9:30	9:30	9:30	9:30	9:30
<b>PM</b>	12:00		12:00		12:00	10:30 GUTT & GLUTES
	4:00	4:00	4:00	4:00	4:00	<b>SUNDAY</b>
	5:15	5:15	5:15	5:15	5:15	10:30 CHURCH
	6:30	6:30	6:30	6:30		

## 3 CIRCUITS – 16 MINUTES EACH

1 COMPLETE WORKOUT

### LINE 1

Run – Row – Bike – Push

### LINE 2

Strength – Plyometrics – TRX® – Kettlebells

### LINE 3

Weighted Bands – Box Work – Slam Balls



**BOLD**

**POWERFUL**

**HEROIC**

These 3 virtues best describe the iRock member. Our members are Moms, Dads, Business-Pros, Hustlers, Ballers, Teachers, Students, Coaches, First Responders & Health Care workers.

All are welcome. Very few are bold enough to wear the ☰.

## FIND OUT MORE ABOUT THE WORKOUT

TWO LOCATIONS!



#LetYourBodyRock