

## MANIZALES WORKOUT#1

Rhythm i2/ i3 "endurance"

EQUIPEMENT NEEDED :;box, Kettlebell <https://www.pulse-session.com/gym-1> MP:RideFaster

EXERCISE	ADVICE	REPS	REST
<p>Rowing ALT Kettlebell</p> 		See training plan	NO
<p>Box Jumps</p> 	if possible use a box	" "	NO
<p>Squats Renegade</p> 	Be careful the back should stay straight	" "	NO
<p>Kettlebell Oblique</p> 		" "	Rest 1 min then repeat