

## Sample Workout 3 - Power Studio

**Set- up and equipment:** Prepare 5 stations. Station 1 = sandbells; Station 2 = 1 small slam ball and 1 oversize slam ball; Station 3 = TRX suspension system; Station 4 = resistance band; Station 5 = heavy dumbbells, bench.

**Timers:** 2\* minutes of work, 1 minute break, 3 times. Transition to next station.

\*You will move through 10 reps of each exercise as many times as you can in 2 minutes.

### Station 1

1) Sandbell squat press

- a. Start with feet hip width and sandbell racked in front of body at shoulder height
- b. Lower into squat position. As knees straighten, push sandbell overhead.

2) Alt sandbell lunge with swing

- a. Start by holding sandbell in front of body. Step left leg back into a lunge as you swing the sandbell to the right.
- b. Repeat other leg. After 10 reps (or 5 sets), return to sandbell squat press.

3) Plank with sandbell drag

- a. Find plank position on hands with sandbell to the right side of body, behind the arms. Use left hand to drag bag to the left, keeping hips still. Repeat to the right.
  - b. After 10 reps (or 5 sets), return to sandbell squat press.
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### Station 2

1) Back stepping lunge with slam ball chest press

- a. Start standing with feet hip width, holding slam ball in front of chest.
- b. Step right foot back and extend arms in front of body as you lower into lunge. Repeat on left leg with chest press for a total of 10 reps or 5 sets.

## 2) Slam ball slams

- a. Start with feet slightly wider than hips holding oversize slam ball.
- b. Using force throw ball to ground. Squat down and pick ball up.

## 3) Oversize slam ball push up

- a. Start in plank position on knees or toes with hands on oversize small ball. Keeping shoulders stable, bend elbows and lower into push up.
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### **Station 3**

#### 1) TRX Row

- a. Facing towards the anchor point, lean back into a supine position (less than 45 degree angle), straightening arms & keeping upper back/core engaged, with elbows skimming rib cage move into the row. End range is when thumbs graze the ribcage.

#### 2) Alt TRX Side Lunge

- a. Start facing anchor point with feet together, holding handles, elbows bent.
- b. Step to right, sitting back into side lunge with arms extended.
- c. Repeat on left leg. Do 5 sets or 10 reps total.

#### 3) TRX plank with optional knee lift

- a. Hold handles facing away from anchor point with straight elbows and feet walked back into a plank position. Alternate lifting knee to chest. Keep neutral wrists.
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### Station 4

#### 1) Resistance band front raise

- a. Start with one or both feet on band, holding handles

b. Slowly reach arms up to shoulder height with straight elbows.

## 2) Resistance band wood chop

a. Start with right foot on the band with excess band to the inside of the right foot.

b. Extend arms down towards right hip and rotate right.

c. Rotate to the left reaching arms overhead with straight elbows.

d. Do 10 reps on side one, before moving the band to the other leg and repeating second side.

## 3) Jump squats

a. Start with feet slightly wider than hips. Lower into squat.

b. Use power as knees extend to explode out of squat with arms reaching overhead. Land with soft knees and repeat.

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## Station 5

### 1) Sumo squat with bicep curl

a. Start with feet wider than hips, feet turned out, holding heavy dbs.

b. Bend knees and lower into squat. As knees straighten, bend elbows into bicep curl.

### 2) Single arm triceps kickback

a. Start right knee on bench and left foot on floor, leaning forward from hips, holding Db in left hand.

b. Bend elbow to shoulder height. Keeping upper arm still, extend elbow back. After 10 reps, repeat on right side.

### 3) Burpees

a. Start facing bench. Place hands on bench and jump into plank position.

b. Jump feet back in. As you stand, use power to jump.