

#TRUSTMYCOACH WORKOUT

POWER GYM WORKOUT WITH RAFA

2 ROUNDS

#21



1. HEEL TOUCHES OR
RUSSIAN TWISTS
WITH KETTLEBELL

☑ 20 REP

#59



2. PUSH-UPS WITH/
WITHOUT KETTLE-
BELLS

☑ 15 REP

PAUSE 10 SECONDS

#63



3. TRICEP DIPS OR
BENT ROW WITH
KETTLEBELL

☑ 10 REP

#27



4. LATERAL LUNGES OR
LATERAL WALK WITH
RESISTANCE BANDS

🕒 30 SEC

PAUSE 10 SECONDS

#4



5. ELBOW PLANK
WITH/WITHOUT UN-
STABLE BOARD

🕒 45 SEC

#42



6. SINGLE LEG CHAIR

🕒 3 REPS X 10 SEC

PAUSE 10 SECONDS

#65



7. PUSH-UP BURPEES
OR BATTLE ROPES

☑ 20 SEC

PAUSE 10 SECONDS

#4



8. WALKING OR
STATIC ELBOW
PLANK

🕒 20 SEC

#20



9. PLANK PUSH-UPS

☑ 10 REP

REST FOR 1 MINUTE

WANT MORE TRAINING?

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