

COACH RUC'S HIIT INTERVALS

ROW 1600	ROW 1600
PULL UPS	PULL UPS
RING PUSH UPS-BENCH	RING PUSH UPS-BENCH
SANDBAG SQUATS	FORWARD LUNGE
SIT UPS	REVERSE SIT UP
HIGH HANG CLEAN/ SNATCH	DB HIGH HANG CLEAN/ SNATCH
SUITCASE ROW	WIDE GRIP BENT ROW
INCLINE DB BENCH	DB PULL OVER BENCH
BALL SQUATS	BENCH STEP
CROSS OVER SIT UPS	CROSS OVER SIT UPS
MEDBALL TOSS/CLEAN	MEDBALL TOSS/CLEAN
HANDSTAND PUSH UPS	SIDE LATERAL RISE
OLYMPIC BAR CURLS	DB CURLS
KNEES-2-ELBOWS	'L' LIFT
MANMAKERS	RENEGADE ROW
TOWEL PULL UPS	REVERSE PLANK PLU
REAR DELTOID-BANDS	BENT DB DELT PULLS
SANDBAG CLEAN	DEAD LIFT