



360 Power Patterns

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SurgePT

Push



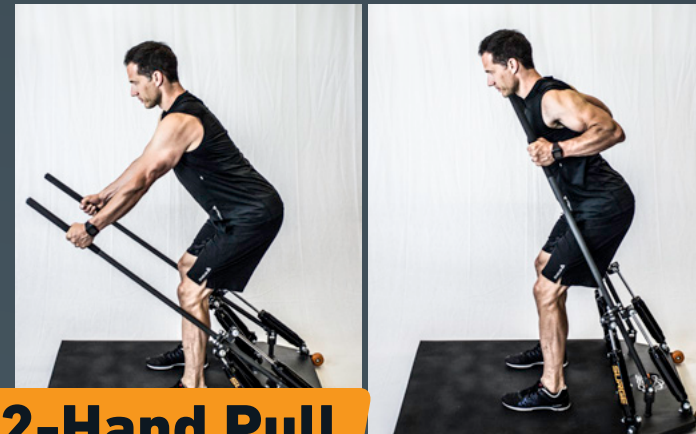
2-Hand Push

Pivot



Chops

Pull



2-Hand Pull

Workouts

A: 4-MIN ABS

20 sec. work / 10 sec. rest (Intensity: high)

- ALT Push
- Chops (L)
- Chops (R)
- Wipers

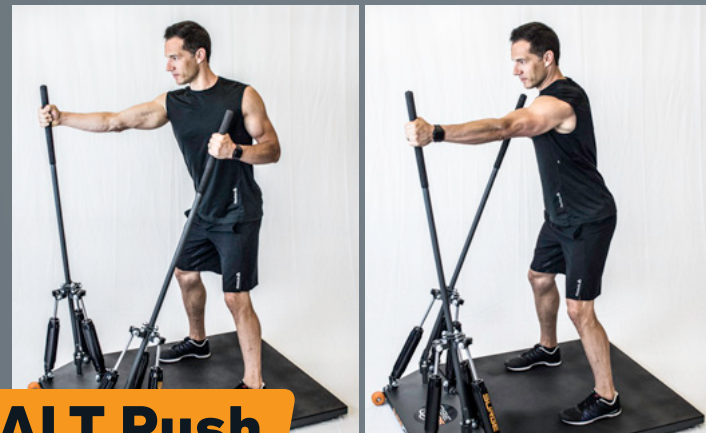
Repeat

B: 10-MIN CIRCUIT

30 sec. work / 30 sec. rest (Intensity: moderate – high)

- Power Push
- 2-Hand Chops
- ALT Pull
- Flys
- ALT Push/Pull *All Out

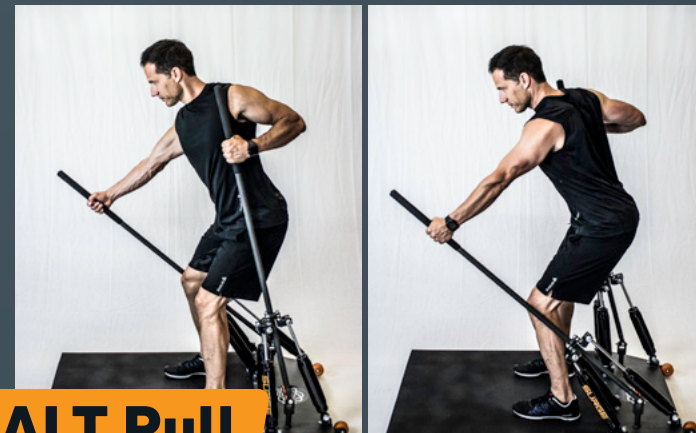
Repeat



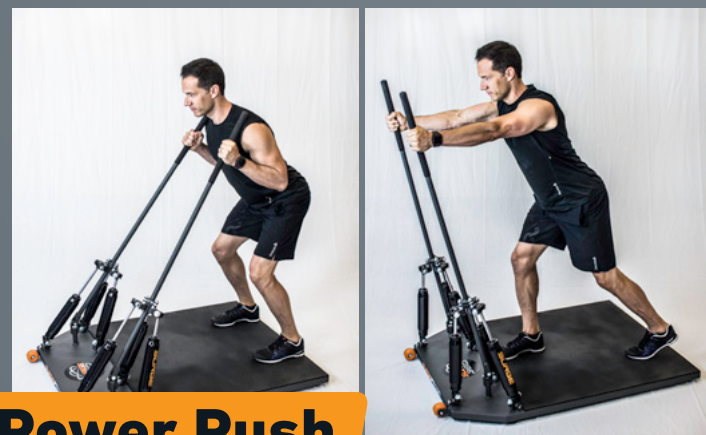
ALT Push



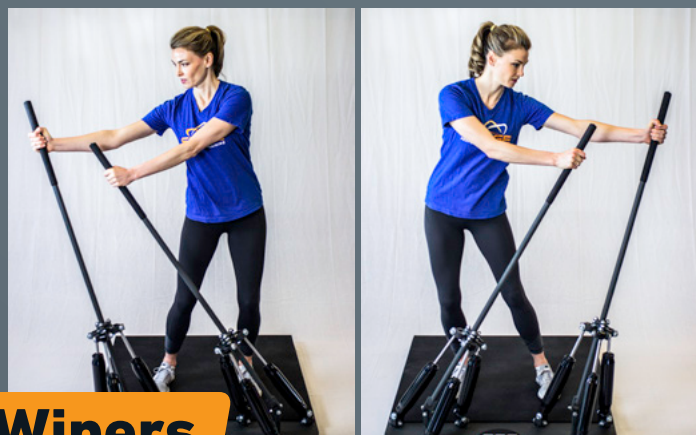
2-Hand Chops



ALT Pull



Power Push



Wipers



Fly



SCAN FOR VIDEOS or visit: SurgePT.com