

Flippin' Eck

Equipment needed

Tractor Tyre, Car Tyre, 5kg Mace (Clubbell), Powerbags (10kg or 20kg), Kettlebell (16-18kg)

WARM UP

90 seconds of each, with a short break between

Exercise 1	Rest and move to	Exercise 2
Good Morning (10kg powerbag)		Bear Hug Squat (20kg powerbag)
Twisted Powerbag Swing (10kg powerbag)		Powerbag Crawl (20kg powerbag)
Mace Gravedigger (Mace)		Mace Barbarian Squat (or use 6kg Clubbell)
Tyre Drag (Tractor Tyre)		Tyre Flip (Tractor Tyre)
Tyre Squat (Car tyre)		Tyre Deadlift (Car Tyre)
StepUp		Tricep Dips

COOLDOWN

And that's it - BUT it's not as easy as it sounds