

Slam #1

Equipment needed

Tractor Tyre, 5kg Hammer or Mace, Clubbell, Powerbags (10kg or 20kg), Kettlebell (16-18kg), TRX, Resistance Band (low to medium)

WARM UP

90 seconds of exercise, take a short break then REPEAT the same exercise before moving on to the next

Exercises
Banded Chest Fly
Clubbell Floor Swing
Farmer's Carry
Kettlebell Vertical Lift
TRX Pull Up
Tyre Slam

COOLDOWN

QUEENS PARK FITNESS

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