TORCH THE FAT

The idea with these workouts is to keep the intensity high and resistance low, you want to be able to push hard for as long as possible but not feel like you could keep going
Work hard and see results in less than 30 minutes !!!

PROWLER LOVE	**SET 1**	**SET 2**	**SET 3**	**SET 4**	**SET 5**	**SET 6**	**SET 7**	**SET 8**	**SET 9**	**SET 10**
Rest 1 minute between sets										
Warm Up with prowler to a weight that challenges you enough to pull and push the length of the astro in one minute										
Pull the prowler then push her back as fast as possible then rest										
a Prowler Pulls	10m	10m	10m	10m	10m	10m	10m	10m	10m	10m
b Prowler Push	10m	10m	10m	10m	10m	10m	10m	10m	10m	10m

30 min EMOM	**Minute 1**	**Minute 2**	**Minute 3**	**REST**
ON the start of each minute perform the exercise below rest for the remaining time				**AND**
				REPEAT
Sandbag Carry 20m (2 length astro)				
15 Push Ups				
Rope Slams				

STRONGMAN STYLE	**SET 1**	**SET 2**	**SET 3**	**SET 4**	**SET 5**	**SET 6**	**SET 7**	**SET 8**	**SET 9**	**SET 10**
SANDBAG CARRY	8 LENGTHS	7 LENGTHS	6 LENGTHS	5 LENGTHS	4 LENGTHS	3 LENGTHS	2 LENGTHS	1 LENGTH		
PROWLER PULLS/PUSH	20M	20M	20M	20M	20M	20M	20M	20M	20M	20M
FARMERS CARRY	20M	20M	20M	20M	20M	20M				
ROPE SLAMS	30 SECONDS	30 SECONDS	30 SECONDS	30 SECONDS	30 SECONDS					
REST 30-60 SECONDS AFTER EACH SET										