

THE SLEDGEHAMMER WORKOUT # 1

This quick visual reference for THE SLEDGEHAMMER WORKOUT illustrates the seven different exercises involved in this quick workout.

Follow along to improve strength and stability in a totally new and unique way.

203 CALORIES

18 MINUTES

HEART RATE 111-133 BPM

BASED UPON 3 ROUNDS

www.TheSledgehammerWorkout.com

THE SLEDGEHAMMER

WORKOUT

THE ULTIMATE CONDITIONING TOOL



REFERENCE GUIDE

THE SLEDGEHAMMER WORKOUT # 1

SHOVEL R/L 30 SECONDS

SQUAT AND PRESS R/L 30 SECONDS

LUNGING POWER SWEEP R/L 30 SECONDS

SQUAT AND PRESS R/L 30 SECONDS

SLANK 30 SECONDS

LATERAL JUMPS 30 SECONDS

PUSHUP (ANY VARIETY) R/L 30 SECONDS

= 1 ROUND

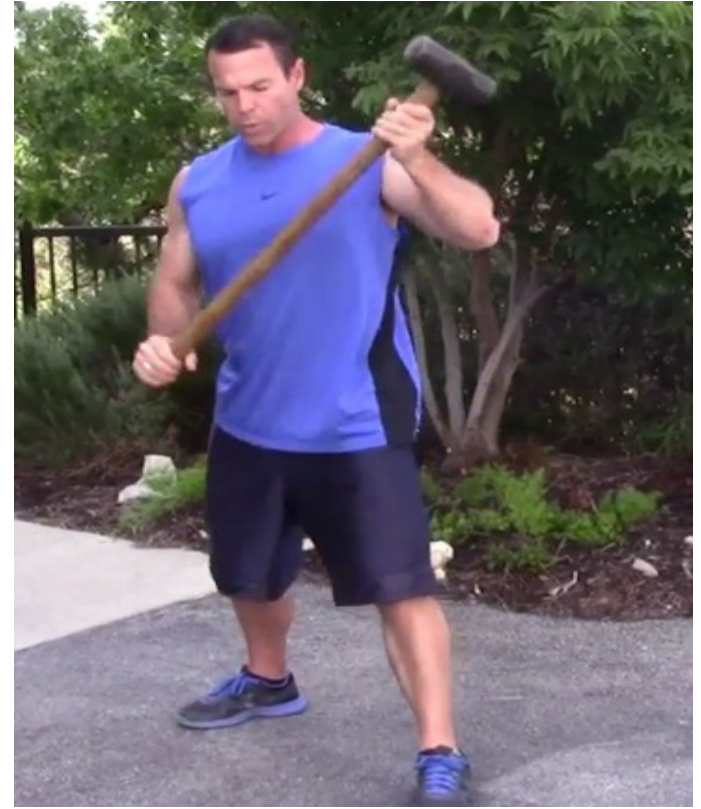
BEGINNERS X 1 ROUND

INTERMEDIATE X 2 ROUNDS

ADVANCED X 3 ROUNDS

SHOVEL R/L

18
Minute Workout



30
SEC

SQUAT AND PRESS R/L

18
Minute Workout



30
SEC

LUNGING POWER SWEEP R/L

18
Minute Workout



30

SEC

SQUAT AND PRESS R/L

18
Minute Workout



30

SEC

SLANK

18
Minute Workout

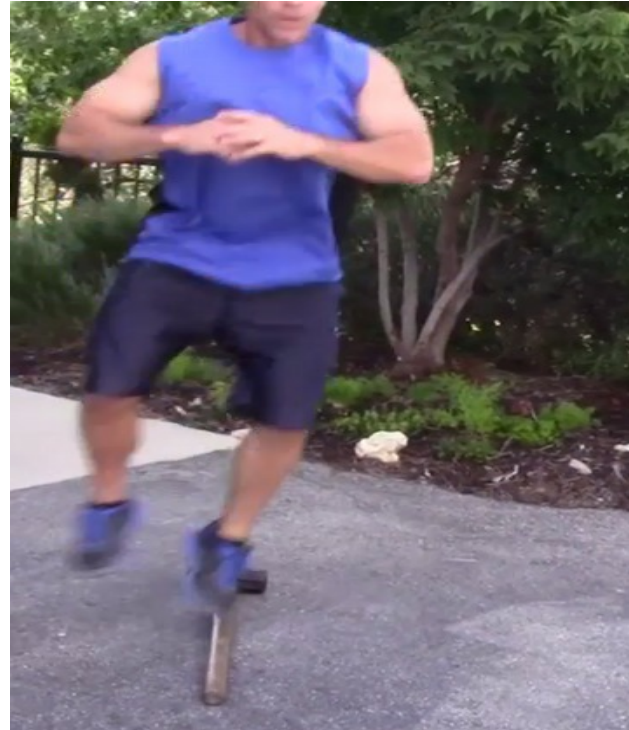


30

SEC

LATERAL JUMPS

18
Minute Workout



30
SEC

PUSH UP R/L

18
Minute Workout



30
SEC

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