

BEST POWER TOWER WORKOUT

HFI



#1 LEG RAISES

TARGET: CORE

LIGHT: 3 SETS OF 10
MEDIUM: 3 SETS OF 20
HARD: 3 SETS OF 30

 REST: 1MIN

CHIN UP #2

TARGET: BACK, CORE, BICEPS

LIGHT: 3 SETS OF 1-5
MEDIUM: 3 SETS OF 5-10
HARD: 3 SETS OF 10+

 REST: 60/90SEC



#3 DIPS

TARGET: CHEST, TRICEPS, TRAPEZIUS, CORE

LIGHT: 3 SETS OF 1-10
MEDIUM: 3 SETS OF 10-20
HARD: 3 SETS OF 20+

 REST: 1MIN

PUSH UP #4

TARGET: CHEST, TRICEPS, TRAPEZIUS, CORE

LIGHT: 3 SETS OF 1-10
MEDIUM: 3 SETS OF 10-15
HARD: 3 SETS OF 15+

 REST: 1MIN



#5 HOLD

TARGET: CORE

LIGHT: 3 SETS OF 10-30SEC
MEDIUM: 3 SETS OF 30-60SEC
HARD: 3 SETS OF 60SEC+

 REST: 1MIN