

LIGHTNING



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WELCOME TO THE RT24 LIGHTNING POWER WORKOUT

This workout is 4 x 6mins rounds, trying to get all the reps.

If you hear the lightning you must do the designated number of squats.

I.e when you hear the lightning, 15 squats and Carry on.

However if you are midway through your squats and you hear another lightning strike (this will happen) you must start your squats again.

ROUND 1

Try to get
30 reps of....

G.t.halo

Thrusters

Splint lunges (15 each leg)

Pull to press.

If gotten, remaining time

Max squat curls.

When you hear lightning **15 squats.**

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ROUND 2

20 Reps of everything

G.t.halo

Thrusters

Splint lunges (10 each leg)

Pull to press.

If completed Remaining time **Squat curls**

But if you hear lightning **10 squats** and Carry on.

ROUND 3

10 reps of every thing

G.t.halo

Thrusters

Splint lunges (5 each leg)

Pull to press.

If completed Remaining time

Squat curls

If the lightning strikes **15 squats** and Carry on

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ROUND 4

5 reps of every exercise

G.t.halo

Thrusters

Splint lunges (5 each leg)

Pull to press.

If completed Remaining time

Squat curls

If you hear the lightning **20 squats** and Carry on.

Remember to always stick to the RT24 principles, Full range of movement and get around your classes and correct technique.

M ove

O bserve

C oach

C orrect

A nd repeat

Watch the Video to know what you need to look out for with your clients, be familiar with the track and enjoy.