



WELCOME TO THE RT24 STORM POWER WORKOUT

A series of 8 short, sharp AMRAP's

Working with 6,4 and 2 reps. A good score is aiming for 4 ROUNDS in the 2mins.

The finisher is a 2 rep climber.

2 min rounds, 30 secs rest

ROUND 1 <ul style="list-style-type: none">○ 6 Plate Hurdles○ 4 Squat Jumps○ 2 Thrusters	ROUND 2 <ul style="list-style-type: none">○ 6 Lunge To Press○ 4 Halo Squats○ 2 Step Down Ups Press
ROUND 3 <ul style="list-style-type: none">○ 6 Pass To Press○ 4 Squat Pass○ 2 Full Get Ups	ROUND 4 <ul style="list-style-type: none">○ 6 Plate Hurdles○ 4 Halo Squats○ 2 Step Down Ups Press
ROUND 5 <ul style="list-style-type: none">○ 6 Lunge To Press○ 4 Squat Jumps○ 2 Thrusters	ROUND 6 <ul style="list-style-type: none">○ 6 Pass To Press○ 4 Squat Pass○ 2 Full Get Ups
ROUND 7 <ul style="list-style-type: none">○ 6 Plate Hurdles○ 4 Squat Jumps○ 2 Step Down Ups Press	ROUND 8 <ul style="list-style-type: none">○ 6 Pass To Press○ 4 Squat Pass○ 2 Thrusters
FINISHER <p><i>4 min climber 2, 2, 2, 4, 4, 4, 6, 6, 6, 8, 8, 8 etc</i></p> <ul style="list-style-type: none">○ Thrusters○ Step Down Ups Press○ Full Get Ups	



RELENTLESSTRAINING24

YOU HAVEN'T HIIT UNTIL YOU'VE HIRT
WWW.RELENTLESSTRAINING24.COM

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

Move

Observe

Coach

Correct

And repeat

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