







# TRAIN TO IMPROVE







## BUILD ATHLETIC POWER ENDURANCE FROM LOWER BODY THROUGH CORE

**Equipment:** Cybex Bravo, boxes and ropes  
**Total Time:** Approx. 30-45 mins.

### BLOCK 1

Equipment	Exercise	Description	Duration
Bravo 	Rotational Chop	Low-high right	30 sec on, 30 sec off
Box 	Box Blast	Right leg	30 sec on, 30 sec off
Bravo 	Rotational Chop	Low-high left	30 sec on, 30 sec off
Box 	Box Blast	Left leg	30 sec on, 30 sec off
Bravo 	High Pull Snatch	Start at knees – finish overhead	30 sec on, 30 sec off
Bravo 	Jump Squat	Away from Bravo	30 sec on, 30 sec off
Perform each exercise in order – Rest 30 seconds then repeat 2x			

### BLOCK 2

Equipment	Exercise	Description	Duration
Bravo 	Horizontal Rotation	Right	30 sec on, 30 sec off
Rope 	Rope Jump Slams	Two hands on rope – upon landing, slam rope to ground (repeat rhythmically)	30 sec on, 30 sec off
Bravo 	Horizontal Rotation	Left	30 sec on, 30 sec off
Rope 	Rope Jump Slams	Two hands on rope – upon landing, slam rope to ground (repeat rhythmically)	30 sec on, 30 sec off
Bravo 	Rotational Shot Press	Right	30 sec on, 30 sec off
Bravo 	Rotational Shot Press	Left	30 sec on, 30 sec off
Perform each exercise in order – Rest 30 seconds then repeat 2-3x			

**RESTS (unless stated otherwise)**

**Between sets or intervals:**  
rest for 30 sec. to 1 min. – but maintain momentum

**Between exercises:**  
rest less than 1 min.

**Between blocks:**  
rest for approx. 2 min.