

TOTAL BODY FUNCTIONAL OCR WORKOUT

by Elite OCR
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THE WORKOUT

This functional workout features only a few pieces of equipment: **Versa Loops, Sandbell, Premium Slam Ball, and a Step Up Platform (at least 18")**. This workout can be completed in 30 minutes and will train cardiovascular and muscular endurance as well as grip strength.

Begin with a cardio warm up - treadmill, elliptical, assault bike, etc. - **for about 5-6 minutes.**

Complete as a circuit with **4 Rounds of each exercise** (reps are listed)

- 20 Alternating Power Step Ups
w/ Sandbell (cardio & muscular endurance)

- 20 Alternating Sandbell Rows
(great for grip strength training)

- 20 Alternating Lat Pull Downs
w/ Versa Loop

- 5 Slams w/ Premium Slam Ball

- 5 Burpees to Ball Slams

- 5 Sit Up, Ball Slam, Burpee, Slam