

WELCOME TO THE RT24 10-1 **HEADLAND** RESISTANCE TRACK

The workout is 4 rounds long

Each round has 3 exercises, once 10 reps of each exercise is complete, you then complete 9 of each exercise and so on down to 1, if you complete 1 of each exercise you start back at 10

Round 1

Plate exercises

Overhead press

Halo pass

Upright row

Round 2

Bodyweight

Reload squat

Squat burpee

Sliders

Round 3

Bodyweight

Hand release press ups

Knee to elbow

Rotation plank

Round 4

Plate

Goblet Squat

Sumo squat

Lunges

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

Watch the Video to see what to look out for with your clients, know the track, and enjoy.