

### *30 Minute Giant Sets*

<b>ROUND 1: UPPER BODY</b>	<b>Low Row</b>	<b>High Row</b>	<b>Chest press</b>	<b>TRX Push Ups</b>
<b>ROUND 2: LOWER BODY</b>	<b>TRX Hamstring Curl</b>	<b>TRX Hip Press</b>	<b>Squat Jumps</b>	<b>Lunge Jumps</b>
<b>ROUND 3: CORE</b>	<b>Overhead Back Extension</b>	<b>Standing Roll-Out</b>	<b>3-Count Plank to Pike</b>	<b>Oblique Crunches</b>

*30 seconds per exercise + 20 seconds between exercises and 1 rest between rounds.*