

# THE POWER STATIONS WORKOUT

## Equipment needed:

**Timer** (I use the *Seconds Pro* app and set up a custom HIIT timer with 16 intervals of :30 high intensity and 1:30 low intensity).

**Ballast Ball** (made by Bosu)

**Slam Ball** (mine is 10 pounds)

**Kettle Bell** (mine is 70 pounds, start with 20 - 40 depending upon your size / strength)

**Battle Rope**

**Plyo Box** (I use aerobics steps or a tire. Anything you can easily jump onto several times).

**The Exercises** (see video at [powercircuitworkout.com](http://powercircuitworkout.com) for demonstrations):

1. **Ball Slams**
2. **Ballast Ball "Sides"**
3. **Kettle Bell Swings**
4. **Ballast Ball "Pushes"**
5. **Jumps - Down / Ups or Up / Downs**
6. **Ballast Ball "Chops"**
7. **Battle Rope - Half Waves**
8. **Ballast Pall "Ups"**

## The Execution:

**Warm Up** with at least 5 minutes of cardio and stretching.

**Perform each exercise at 100% effort for a maximum of :30.**

**Rest for 1:30 between each exercise.**

**Complete the circuit 1 or 2 times for a 14:30 or 30:30 workout.**