

# revll Workout 1

## Training equipment



Training mat  
revll PRO

## Duration



The workout is scheduled for 40 min.  
Do as few breaks as possible to increase fat  
burning.

## Warm-up



See also this  [video](#)

1. Fast walking or slow running
2. Mobilization exercises for feet, knee, and hip joints
3. Light strengthening exercises for the legs
4. Mobilization exercises for core and shoulder girdle
5. Light strengthening exercises for core and shoulder girdle
6. Foam rolling if necessary

## Exercises



1. revll Triceps Press
2. revll Lateral Pull Alternating left
3. Overhead Pull Alternating
4. revll Lateral Pull Alternating right
5. revll Rope Pull


## Time line / Protocol



Time	Workout	Notes
15 min.	Warm-up, movement preparation	Warm up cardiovascular system, mobilization exercises, light strengthening and movement practice, foam rolling
15 min.	Exercises 1-5, 40 sec. each, and 15 sec. pause	Complete 2 full rounds, between round 1 and 2 take a break of 2-3 min.
10 min.	Cool-down	Calming down the pulse, stretching, mobilization

## Cool-down



Static stretching and loosening up. See  [video](#)