

## The Thor 300 Challenge

- Exercises shown in Video:
  - 1. Shovel Swings x 30
    - 15 each side
  - 2. Joust Thrusts x 30
    - 15 each side
  - 3. Sledge Chops x 30
    - 15 each side
  - 4. Hand to Hand Squats x 30
  - 5. Underhand Cyclone Twists x 40
    - 10 Left to Center / 10 Center to Right
    - 10 Right to Center / 10 Center to Left
  - 6. Jumping Plunges x 20
  - 7. Chop Swings x 20
  - The Pendulum x 30
    - 15 each side
  - 9. Crushers x 30
    - 15 each side
  - 10. Kayak Killers x 40
    - 20 each side

