

SURGE[®] STORM

TRAINING THAT TRANSLATES TO LIFE™

HYDRO INERTIA

AGILITY

CORE

FUNCTIONAL

STRENGTH



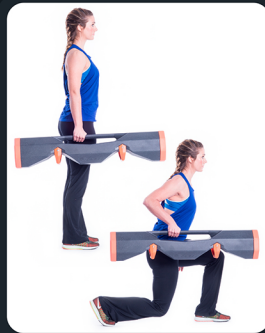
BATTERING RAM



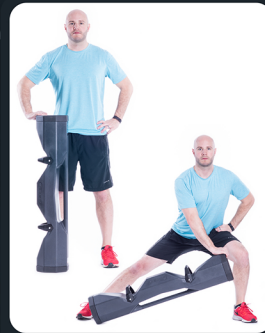
SINGLE ARM FARMER CARRY



WIDE GRIP OVERHEAD LIFT



FORWARD LUNGE SUITCASE ROW



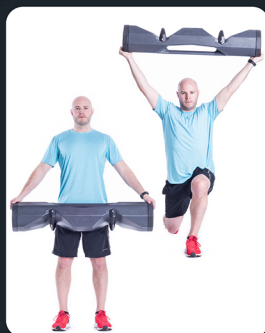
LATERAL LUNGE SWITCH



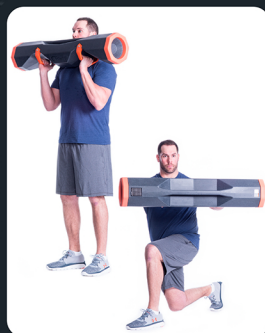
FULL BODY CORE BRACE



KNEELING HIP THRUST
OVERHEAD LIFT



WIDE GRIP OVERHEAD
TRAVELING LUNGE



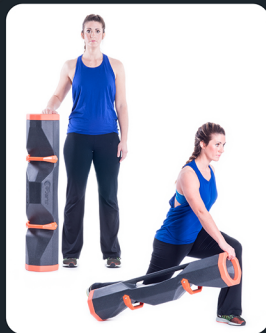
FORWARD LUNGE STRAIGHT
ARM TWIST



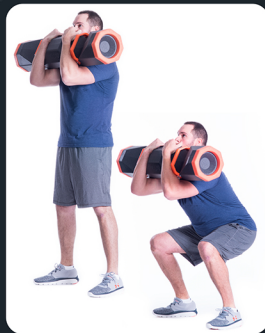
LUNGING SHOULDER CURL



MIXED GRIP SUMO SQUAT



DIAGONAL LUNGE SWITCH



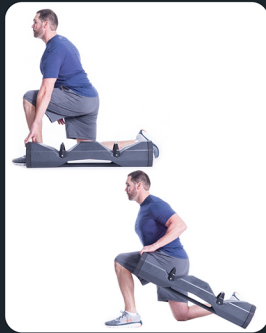
RACK SQUAT



PRESS UP TO SINGLE LEG PLANK



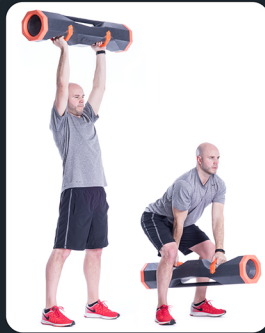
FORWARD LUNGE WITH PUSH PULL



SPLIT STANCE ROW



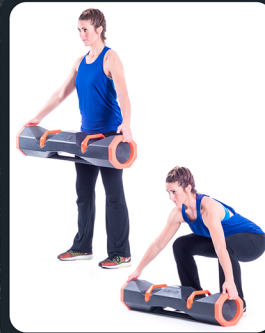
SQUAT THRUSTER



THREAD THE NEEDLE



UPPER CUT



WIDE GRIP DEADLIFT