

UBPE 5.6.20

Mob 3 min

WarmUp: 2 sets

2rds 30"/30" ea.

- Press/OVHD Hold

Rest 30"

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- MiniBand ERs/FLR Lat shuffle

Rest 30"

A.) 10 min 12x-1x

- Snatch or Diamond Pushup

- ½ Kneeling Chop or UB Lat shuffle

- Front Raises or Foot to Hand

B.) 4sets 2'/1 min

- 4ct Body Builders / Shldr Taps

C.) 4sets 2'/1 min

- 10+10 Ballistic Row, 10x Clean & Press / Halos

Or

- Mini Band Row, Ovhd Ext / Diag Reach