

UBS 4.24.20

UB Mob

Body Weight WU 3:

20x Arm Circle Small

20x Arm Circle Big

10x Bent Over Ts & Ys

10x Plank Walk Over

5 sets

- 5 - 5" Ecc Pushup

- 10x Fwd/ lat Raise or Mini Band Ext.

- 10x 1/2 K. Chop or FLR Dia. Reach

Rest 1 - 2 min

5 sets

- 10 x Prone Pass Around

- 5- 5" Ecc OVHD Press Or Pike Press

20x Mini Band ERs or Sidelying Abd or Ts

- 10x SA Row or 20x MB Archer Rows

Finisher

5min FLR Hold

5x Dive bomb Puhsup penalty