

## Upper Body Strength 4.28.20

Mob 3min Arm Circles

WarmUp: 2 sets

2rds 30"/30"

- Bent over Arm Circles/Mini Band ERs
- Rest 30"

2rds 30"/30"

- Pause Pushup/Shldr taps
- Rest 30"

16min EMOTM

1. Elevator Pushups
2. 20"/20" Halo or Banded ER Shldr Raises
3. 10+10 ½ Kneeling Chops or FLR Dia Reach
4. 30" UB Lat Marching

12min EMOTM

1. ECC Bent over row Right
2. ECC Bent over row Left
3. FLR Marching

2rds each 30"/30"

- Front Raises/Bent over Ts
- Prone Pass around each direction.