

Upper Body Strength 5.14.20

MOB: 4min Arm Circle circuit

WU: 2sets

2rds 30"/30"

- PushPress/Ovhd Hold
- Or Mini Band Press/Ovhd Hold

Rest 30"

2rds 30"/30"

- Sqt Walkouts / Shldr taps

Rest 30"

12min

1. Ecc Pushups
2. Bent over archer row or High Pull
3. UB Banded Marching

10min Deck of Cards (you'll have to watch)

- Elevator Push-up
- 5-5-5 Pushups
- Dia Reach
- Yoga Pushups

12min

1. Plank to Pushup
2. Bent over Row or Standing Archer row R
3. Bent over Row or Standing Archer row L