

Upper Body Strength 4.16.20

MOB: 3min Arm Circle circuit

WU: 2sets

2rds 30"/30"

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

Rest 30"

2rds 30"/30"

- Fwd/Lat Raises / Ovhd hold
- Or Mini Band ERd/ Ovhd hold

Rest 30"

12min

5-5-5 Pushups

10x Prone Lat pullover or 15x across bow rows

10+10 Halo

3sets

2rds 30"/10" of each

1. Bent Over Arm circles Fwd/Back
2. Bent over row R/L
3. UB Marching

10min

- 1x Elevator Push-up
- 7-7-7 Curls
- 10x Ovhd Tricep ext or Diamond pushups