

Upper Body Strength 6.1.20

Mob 3 min

WarmUp: 7min

- 10x Scap Pushups
- 10x Band ERs
- 10x Band Exts
- 10x Bent over arm circles

A.) 10min Amrao

- 5+5 C&P or 10+10 Band Piston Press
- 5x Pause Pushup
- 15x Shldr taps ea.

B.) 2sets 5 rds 30"/30"

- Bent Row R / Concentration Curl L
- Bent Row L / Concentration Curl R

C.) 8rds 30"/30"

- Balistic Row or UB March / FLR or Archer Row

D.) 6rds 30"/30"

- 3ct Body Buliders / Bent over flys