

Upper Body Strength 6.8.20

Mob 4 min

WarmUp: 8min

- 5-5-5 Pushups
- Banded ERs
- 10+10 Halos

A.) 10 min 10-1

- OVHD Press Each
- Burpee

B.) 12 min 10 – 1

- Bent over row
- Snatch

C.) 12 min 10 – 1

- 5x ECC Pushup
- 15x Archer Row
- Halo alt. 5+5