

Arms – Chest - Shoulders

Exercise	Reps	Sets
A. Dips (chair)	8	3
A. Table Row	8	3
B. Seal Crawl	10 “steps”	3
B. Military Pushups	Progressive Increase	3
C. Sun Salutation	10	3
C. Diamond Pushups	5	3
D. Hang Time – Find a bar or tree branch or beam and hang 2 handed for time.	1	1-3

Core

Exercise	Reps	Sets
A. Crunch w/ball between knees	10	3
A. V-Situps passing ball from hands to feet	10	3
B. Plank shoulder taps	10 each shoulder	3
B. Dead Bugs	10 each side	3
C. Flutter Kicks	AMRAP 1 min	2
C. Spiderman planks	AMRAP 1 min	2
D. Hip bridge	AMRAP 1 min	2
D. Supine Lower Trunk Rotation	AMRAP 1 min	2