

DAY THREE: MOVE FROM STABILITY

WARMUP

SMR: Chest, Latissimus Dorsi, Shoulders, Arms

- 10 Palm Raises
- 10 Hand Flips
- 10 Palm Curls
- 10 Shoulder Flossing (PVC pipe, band, or at the wall)

BUY IN

- 100 ft (about 40 steps) Plank Crawl on Slides
- 1:00 Hollow Hold
- 1:00 Handstand Hold at Wall

SUPERSETS

1 Round: 50 Double Unders / 100 Singles

5 Rounds

- 5 Pull-ups
- 10 Push-ups

1 Round: 50 Double Unders / 100 Singles

5 rounds

- 10 Bench Press
- 12e KB Row

1 Round: 50 Double Unders / 100 Singles

5 rounds

- 12e KB Curl to Press
- 16 Dead Ball Slam

1 Round: 50 Double Unders / 100 Singles

5 rounds

- 16 KB Pull-throughs
- 18 Mountain Climbers on Slides

1 Round: 50 Double Unders / 100 Singles

BUY OUT

- 100 ft (about 40 steps) Plank Crawl on Slides
- 1:00 Hollow Hold
- 1:00 Handstand Hold at Wall

OBJECTIVE

Strengthen the Arm Lines, including the chest, latissimus dorsi, shoulders, triceps, biceps, forearms, and hands.

Throughout this workout, focus on fully extending the arms and pressing through the inner edge of the palms. Stabilize the shoulders by drawing them back and down the spine.



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