

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) Bear Crawl
- 1:00 Plank Hold
- 20 Plank Pikes

SUPERSETS

- 1 Round:** 50 Jumping Jacks
- 5 Rounds**
- 10e Shoulder Taps
- 10 Push-ups
- 1 Round:** 50 Jumping Jacks
- 5 rounds**
- 10 Dolphin Push-Ups
- 12e Side Plank Reach Through + Hip Dip
- 1 Round:** 50 Jumping Jacks
- 5 rounds**
- 12 Tricep Dips
- 16 Tuck Presses
- 1 Round:** 50 Jumping Jacks
- 5 rounds**
- 16 Plank Hip Dips
- 18 Mountain Climbers
- 1 Round:** 50 Jumping Jacks

BUY OUT

- 100 ft (about 40 steps) Bear Crawl
- 1:00 Plank Hold
- 20 Plank Pikes

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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