

Week 1 – Upper Body

This week you will focus on developing improved upper body strength.

You will complete this sequence of exercises 3 times during week 1

Any 3 days and ideally with a break in between each day of doing these exercises.

Warm Up

With or without a stick – side twists, side bends, overhead

Workout

- Band Torso rotation
- Renegade Rows with or without dumbbells
- Push ups – knees or toes
- Lat pulldown
- Dumbbell or Band overhead press
- Dumbbell or Band Thrusters

Complete 10 repetitions of each exercise
2 to 3 sets

Cool Down

Foam roller from ankles to shoulders – 5 to 10mins

