

Day 3



WARMING UP

4 x Turkish getup left

4 x Turkish getup right

2 ROUNDS x 4 x 45 SECONDS WITH 15 SECONDS REST

Toe to bar

TRX Hip bridge

Plank superman

Weighted Russian twist

PULL-UPS 4 ROUNDS

85% of maximum weight

3 ROUNDS x 3 x 45 SECONDS WITH 15 SECONDS REST

TRX T-Y

TRX Rollout hold

TRX T Hold

3 ROUNDS x 3 x 45 SECONDS WITH 15 SECONDS REST

Dips

Box pistol squats

Typewriter push-ups

Read more about our climbing at <https://fiftyseven.degree/>

Strenght training plan v202008. Use at your own risk.