

# Day 1



## WARMING UP – 5 MIN x 40 REPS EACH

Spiderman

Heel touches

Cross climbers

## 3 ROUNDS x 3 EXERCISES x 45 SECONDS W/ 15 SECONDS REST

Explosive pull-ups (assisted if needed)

TRX T-outs

TRX Rows (on Triangles if possible)

## 3 ROUNDS x 3 EXERCISES x 45 SECONDS W/ 15 SECONDS REST

Bench I-T-Y with dumbbells

Paralette L-sit hold

Sandbag pull-over & leg extension

## 3 ROUNDS x 2 EXERCISES x 45 SECONDS W/ 15 SECONDS REST

Pistol squats

Up & over plyo box (sideways)

## 3 ROUNDS x 2 EXERCISES x 45 SECONDS W/ 15 SECONDS REST

Plyo pushups

Chair scissor

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

Strenght training plan v202011. Use at your own risk.