

Day 2



WARMING UP – 5 MIN x 40 REPS EACH

Air squats

Elastic band pull-outs

Wall snow angels

1 ROUND x 10 MINUTES AMRAP

Pull-ups

Squats

Push-ups

1 ROUND x 10 MINUTES AMRAP

Dumbbell rows

Weighted lunges

Dips

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

Strenght training plan v202011. Use at your own risk.