

Day 3



WARMING UP – 5 MIN x 40 REPS EACH

Elastic band shoulder pull-outs

Elastic band lats pull-outs

Elastic band extended arm pull-outs

PULL-UPS 4 ROUNDS

Maximum reps @ 85% of maximum weight

3 ROUNDS x 6 EXERCISES x 45 SECONDS W/ 15 SECONDS REST

Weighted V-ups

Russian twist

Flutterkicks

Crab touch toe

Flat Superman

Sit-through

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

Strenght training plan v202011. Use at your own risk.