

# Day 1



## 5 MINUTE WARMING UP

Elastic bands

Turkish getups (4 x per side)

## 3 ROUNDS x 3 EXERCISES x 45 SECONDS WITH 15 SECONDS REST

Spiderman crunches

Toe to bar

Bicycle crunches

TRX Hamstring curls

V-sit hold

TRX Scissor plank

## 5 MINUTE AMRAP

Pull-ups

Clean & press

Pike pushups

Dips

## 3 ROUNDS x 3 EXERCISES x 45 SECONDS WITH 15 SECONDS REST

TRX I-T-Y

Floor I-T-Y with obstacles

TRX T-outs

Paralette L-sit

Box jumps

Squats

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

Strenght training plan v202101. Use at your own risk.