

Day 2



5 MINUTE WARMING UP

Elastic bands

Turkish getups (4 x per side)

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

Alt. dumbbell side plank

Bar windshield wipers

Cross climbers

Wall-facing squats

Dragons

Bear hold

4 ROUNDS WITH 2 MINUTE REST

85% maximum weight pull-ups

3 ROUNDS x 4 EXERCISES x 45 SECONDS WITH 15 SECONDS REST

Adductor chair scissor L

Box pistol squat L

Adductor chair scissor R

Box pistol squat R

Wide to narrow push-ups

TRX Incline row L

T-raises

TRX Incline row L

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

Strenght training plan v202101. Use at your own risk.