

Day 1



WARMING UP

4 x Turkish getup left

4 x Turkish getup right

2 ROUNDS x 4 x 45 SECONDS WITH 15 SECONDS REST

Half moon w/ two feet

Dead bugs

Dumbbell toe touch

Paralette L-sit

PULL-UPS 4 ROUNDS

Ball w/ light weight

One-arm pull-up progressions

3 ROUNDS x 3 x 45 SECONDS WITH 15 SECONDS REST

TRX Dumbbell Rotations L

TRX Dumbbell Rotations R

Lunge jumps

3 ROUNDS x 3 x 45 SECONDS WITH 15 SECONDS REST

Plyo push-ups

Box jumps

Clean & press

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

Strenght training plan v202008. Use at your own risk.