

# Day 2



## WARMING UP

4 x Turkish getup left

4 x Turkish getup right

## 2 ROUNDS x 4 x 45 SECONDS WITH 15 SECONDS REST

Hanging L-sit twist

Bicycle crunch

Chair side plank left

Chair side plank right

## 1 ROUND x 8 MINUTES AMRAP

Pull-ups

Push-ups

## 1 ROUND x 8 MINUTES AMRAP

Squat, clean & press

Box step

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

Strenght training plan v202008. Use at your own risk.