UPPER BODY WORKOUT 1/1

WARMUP

A1 Blackroll Walks	2x10m
A2 Band Face Pull	2x10-12
A3 Spider Crawl	2x10m

POWER

B1 Power Clean	5x2-4 (75-80% 1RM)
B2 Med Ball Chest Pass	5x5 (Max. Velocity)

STRENGTH

Barbell Bench Press	5x3-5
Dual DB Incline Row	5x8-10

ACCESSORIES

BW Dips	3xAMRAP
Zottoman Curls	3x10-12/side
Banded Tricep Extension	3x10-12/side

MOBILITY

C1 Thread the Needle	2x60s
C2 Pec Stretch	2x60s/side
C3 Overhead Triceps Stretch	2x60s/side
C4 Lat Foam Roll	2x60s/side

Sets tagged with letters and numbers are supposed to be performed as supersets.. If an exercise offers a “rep range” (e.g. 10-12) consider the first number the minimum and the second the maximum amount of reps you should be able to do in one set.