



WARM-UP	Sets	Time
Spiderman w/Shoulder Mobility	1	10/Direction

Workout 1		Full Body
Exercise	Sets	Reps
A1) Walking Lunge w/ Static Lateral	3	10/side
A2) Single Arm Door Towel Rows	3	AMRAP 30sec
B1) Overhead Squat	2	10
B2) 2 Arm Door Towel Curls	2	AMRAP 30sec
B3) Bear Crawl	2	30 sec
C1) V-Sit	2	30sec
C2) V-Up	2	15 reps
Finisher: 180° Mountain Climber	1	4 movements to 180° and back