

February 2012

Upper Body Workout

Warm-Up			
Foam Rolling Warm-Up			
Dynamic Warm-Up			
2 Minute Jump Roping			
Strength Circuits	Sets	Reps	Notes
A1) Walkout Push-ups	4	6-8	
A2) Kneeling Lat Pulldown	4	12	Make sure you switch legs on the 2 nd set
B1) Inverted Row	3	Varies	Stop 2-3 reps before failure
B2) Overhead DB Press	3	8-10	Both arms at a time
B3) Foam Roller Windmill	3	5/side	Watch 5th chakra YouTube video
C1) 1-Arm Cable Row (L)	2	12/arm	
C2) 1-Arm Cable Row (R)	2	12/arm	
C3) Reverse Plank	2	30 secs	
D) Swan Dive	2	4	Watch 4th chakra YouTube video
Cardio Finisher:			
E) 4 Minute Tabata Jump Rope (20 seconds jump rope, 10 seconds rest x 8 rounds)			

Perform A1 and A2 x 4, then do B1- B3 x 3, then C1-C3 x 2, D, then finish with E.

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