

# Shoulders, back & legs

October 22, 2022

Generated on stgym.club

## Warmup

1x

 Rounds of jogging

2x

## Shoulders

3x

Pull up

6x

Dog push up

10x

Pull up (at angle)

20x

## Back

3x

Swim

30s

Arms & legs back raise

30s

Scissors arms & legs

30s

Cobra

30s

## Legs

3x

3/4 squats

14x

Jumping squats

14x

Alternating lunges

16x



2x

Frog climber  

30s