

Shoulders, back & legs

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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