

Upper

BODYWEIGHT

WARM-UP (3-4 MINUTES, NOT INCLUDED IN WORKOUT TIME)

- 30s arm circles forward
- 30s arm circles backward
- 30s shoulder shrugs
- 30s push-ups (knees or full)
- 30s torso twists
- 30s inchworms (walk hands out to plank, back)
- 30s band pull-aparts or simulated pull-aparts

WORKOUT

FORMAT:

Each block = 4 minutes AMRAP (as many rounds as possible).

Rest 1 minute between blocks.

Pick a challenging but repeatable pace

AMRAP 1 (4 Minutes)

- 1. Pushups x 8**
- 2. Tricep Dips x 10**
- 3. 3 sec Eccentric Pushups x 6**

AMRAP 2 (4 Minutes)

- 1. Plank Shoulder Taps x 12**
- 2. Pike Pushups x 8**
- 3. High Plank Hold x 20s**

AMRAP 3 (4 Minutes)

- 1. Wide Pushups x 6**
- 2. Hand Release Pushups x 10**
- 3. Superman Squeeze x 8**