



Back in Action

39 Mins

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DATE / WEEK													
Max Effect Extended Upper Body Warm-Up video													
Round 1	1	Standard Pull-Up -or- Bent Over Rows	W	R	W	R	W	R	W	R	W	R	
	2	Triple Alternating Curls	W	R	W	R	W	R	W	R	W	R	
	3	90° Pull-Up Hold -or- Reverse DB Hold	W	R	W	R	W	R	W	R	W	R	
	4	Shoulder External Rotation	R	W	R	W	R	W	R	W	R	W	R
Round 2	1	Lunge Hold Single Arm Row	R	W	R	W	R	W	R	W	R	W	R
	2	3 x 3 x 3 Curls	W	R	W	R	W	R	W	R	W	R	
	3	Superman Hold	R		R		R		R		R		
	4	Crab Reaches	R	R	R		R		R		R		
Round 3	1	Wide Pull-Ups -or- Wide Rows	W	R	W	R	W	R	W	R	W	R	
	2	Alternating Cross Body Curls	W	R	W	R	W	R	W	R	W	R	
	3	90° Wide Pull-Up Hold -or- Wide DB Hold	W	R	W	R	W	R	W	R	W	R	
	4	Z-Press	W	R	W	R	W	R	W	R	W	R	
Round 4	1	Back Flys	W	R	W	R	W	R	W	R	W	R	
	2	Tempo Curls	W	R	W	R	W	R	W	R	W	R	
	3	Chin-Up Hold -or- Dumbbell Hold	W	R	W	R	W	R	W	R	W	R	
	4	Weighted Jefferson Curls	W	R	W	R	W	R	W	R	W	R	
Stop Option													
Burnout	1	Renegade Rows	W	R	W	R	W	R	W	R	W	R	
	2	Overhead Dumbbell March	R	W	R	W	R	W	R	W	R	W	R
	3	Piston Rows	W	R	W	R	W	R	W	R	W	R	
	4	Overhead Dumbbell March	L	W	R	W	R	W	R	W	R	W	R
	5	Scorpion Push-Ups	R		R		R		R		R		
	6	Marching Dumbbell Pass-Throughs	W	R	W	R	W	R	W	R	W	R	
	7	Piston Curls	W	R	W	R	W	R	W	R	W	R	
Bonus	1	Draw the Alphabet	W	R	W	R	W	R	W	R	W	R	
Cool Down													

Required Equipment: Towel and Water, Dumbbells or Pull-Up Bar