

## **STRENGTH: Upper Body Press**

**Equipment:** Red Mini Band, Step/Box/Bench, Skipping Rope, Light Kettlebell, Heavy Kettlebell

### **Warm Up. Complete 2 sets.**

- |  |                                   |
|--|-----------------------------------|
| 1. <a href="#">Skipping</a> x100 singles | 4. Mini Band Pull-Aparts x15      |
| 2. <a href="#">Step Ups</a> x1 min       | 5. High Plank Hold x30s           |
| 3. <a href="#">Incline Push Ups</a> x15  | 6. Overhead DB Walk x50-feet/side |

### **Working Sets. Complete 3-5 sets of A before completing 3-5 sets of B.**

- |   |       |       |       |       |       |
|---|-------|-------|-------|-------|-------|
| A1) <a href="#">Military Press</a> x10/10             | _____ | _____ | _____ | _____ | _____ |
| A2) <a href="#">KB Floor Press</a> x5/5               | _____ | _____ | _____ | _____ | _____ |
| A3) <a href="#">Landmine Overhead March</a> x20 steps | _____ | _____ | _____ | _____ | _____ |
| <br>  |       |       |       |       |       |
| B1) <a href="#">Incline Push Ups</a> x10              | _____ | _____ | _____ | _____ | _____ |
| B2) <a href="#">½ Kneeling Landmine Press</a> x5/5    | _____ | _____ | _____ | _____ | _____ |
| B3) <a href="#">Band Press</a> x15                    | _____ | _____ | _____ | _____ | _____ |

### **Cool Down. Complete 1-2 sets.**

1. Walk x3 minutes
2. Hip Opener Stretch x1mi/1min
3. Couch Stretch x1min/1min