

	Day 1	Day 2	Day 3
	3 Sets	Chest Facing Wall Handstand Hold	3 Sets
	3 KB Turkish Get Ups EA	1xMax Effort	8 Single Arm KB Turkish Sit Ups EA
	Rest 45s	Then	Rest 45s
	5 Single Arm Kneeling Upside Down KB Press EA	3x50% Max Effort	20 Band Crossover Reverse Flys
	Rest 90s	Rest 90s	Rest 90s
	3 Sets	3 Sets	3 Sets
	10 DB Prone Front Raises	5 Plate Windmills EA	8 DB Single Arm Rows EA
	Rest 15s	Rest 15s	Rest 15s
	20 Band Crossover Face Pulls	8 DB Cuban Raises	10 Scap Pull Ups with hollow body
	Rest 15s	Rest 15s	Rest 15s
	20s Band Reverse Fly Hold	30s Gymnastic Swimming	10 Single Arm Plate Shoulder Shrugs EA
	Shoulder Mobility Flow	Shoulder Mobility Flow	Shoulder Mobility Flow
	2-3 Sets	2-3 Sets	2-3 Sets
	20s Scorpion Stretch Each Side	20s Scorpion Stretch Each Side	20s Scorpion Stretch Each Side
	20s Wall Chest Stretch Each Side	20s Wall Chest Stretch Each Side	20s Wall Chest Stretch Each Side
	10 Bent Over Pass Throughs	10 Bent Over Pass Throughs	10 Bent Over Pass Throughs
	10 Arm Around the Worlds in Hollow	10 Arm Around the Worlds in Hollow	10 Arm Around the Worlds in Hollow
	3x5 Prone KB Arm Step Overs	3x5 Prone KB Arm Step Overs	3x5 Prone KB Arm Step Overs