

# Week 3 – 22 Jan 2017

Warm up – (5 mins) – step – shoulder warmup  
Rest week for legs, shoulder focus

Technique – get up with DB

Scapula winging - demonstration

Serratus Anterior – boxers

SA seated lift & pressup

Shoulders – Is, Ys, Ws – if enough DBs

Circuit – 8,7,6...1

DB press

Front DB raise

Side DB raise

Rear DB raise

Kneel DB or plate – scapula winging

Standing

Get up - repeat

Introduction move – Head stand

Abs (10 mins)

Leg raise,

Flutter kicks,

Scissor kicks

Rest 1 min

Mobility – (6 mins)

lunge with arms aloft,

upper back,

shoulders,

forearms

Neck – 4 way