



Shoulder Work Training!

Plenty of Water

Deep Breathing not shown 2 minutes

Warm up not shown 5 minutes

2 Minute Rest Between Cycles

30 Second Rest Between Exercises

Training:

:29 Video Time Wall Handstand Pushups 5 Reps

:42 Video Time Crow Pose Hold 30 Second Hold

:57 Video Time High Decline Pushup 10 Reps

1:13 Video Time Pushup

1:20 Video Time Diamond Pushup Option (pushups)

1:26 Video Time Circle Pushups 10 Reps Option (pushups)

1:39 Video Time Pike Pushups 10 Reps

1:47 Video Time Bench Dips 15 Reps

2:00 Video Time Hindu Pushups 10 Reps

Stretch and Hold for 30 Seconds

Thank You!

Music By: Nautic Entertainment LLC

Produced By: Konder Media Group LLC

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