

Mobility

Passthrough

Band inner and outer shoulder rotation

Cobra to mountain

Superman swimmer

Main workout (12 minutes /6 rounds/ 8 to 16 rep increase on ever round)

Dumbbell Shoulder Press(Arnold_Seated)

Dumbbell Fly (Flat Bench_Prone)

Dumbbell Biceps Curl (Incline Bench_Alternating)

Core (30sec each for 6 minutes)

Flutter kicks

Mountain climber

Cooldown