

Set pause: 0

## **SUPERSET**

**Scapula pushups (w. band)**

**Overhead straight arm pull down (w. band)**

**Whip it (w. Band)**

**Band retraction (w. Band)**

**Shoulder dislocations**

**Wrist lean (fingers away from body)**

**Wrist lean (fingers towards body)**

**Wrist lean (turn wrist inwards)**

**Wrist lean back of hands (fingers towards body)**

**Wrist lean back of hands (fingers awya from body)**

**Wrist lean back of hands (rotate wrist outy)**

**Knuckle rolls**

1

5-10 repetitions

Set pause: 0

## **NORMAL SET**

**Two warm up sets of an easier variation of the exercise in the first work set of your training**

**Routine/ Example: Chin ups = Rows**

1

3 repetitions

2

3 repetitions