

Set pause: 0

SUPERSET

Scapula pushups (w band)

1

5-10 repetitions

Overhead straight arm pulldown (w. band)

1

5-10 repetitions

The whipit (w. band)

1

5-10 repetitions

Shoulder dislocations (w. band)

1

5-10 repetitions

Set pause: 1

NORMAL SET

Chin ups/Rows

1

3 repetitions

2

3 repetitions