

MATT'S DAILY INDOOR CIRCUIT

BACK TO SHOULDERS

EQUIPMENT REQUIRED – BIG TOWEL – WEIGHT (WATER BOTTLES/HEAVY BOOK..), 2 CHAIRS + BROOM HANDLE

- 40 SEC SMALL (EXTENDED ARM) CIRCLES FORWARDS
- 40 SEC SMALL (EXTENDED ARM) CIRCLES BACKWARDS
- 40 SEC SHOULDER LEVEL TO ABOVE HEAD CLAPS
- 40 SEC SHOULDER LEVEL FORWARD CLAPS

REST

- 40 SECS INCLINE PULL UPS
- 40 SEC PIKE UP (WALK OR JUMP)
- 40 SEC TOWEL FACE PULL AND RAISE
- 40 SEC WALL HAND RAISES

REST

- 40 SECS SHOULDER PRESS UPS
- 40 SEC PRESS UP – DOWNWARD DOG
- 40 SEC TOWEL LATERAL RAISE
- 40 SEC TIGHT TOWEL RAISE, PULL, ROTATIONS

REST

REPEAT FROM ABOVE THEN STRETCH