

UPPER BODY - STRENGTH

BODYWEIGHT

1. **A.** [Lateral Handwalk](#) – 4x10 steps right/left
B. [Pushup](#), [Downward Dog](#), [Foot Tap](#) – 4x4+ each

2. **A.** [Surfboard to T \(3s hold\)](#) – 4x8
B. [Alternating Blackburns](#) – 4x10

3. **A.** [Plank to Pushup to Shoulder Trap](#) – 3x10+
B. [Straight Leg Situp](#) – 3x10+

*Click the blue links to view a demonstration of the movements

Notes: This can be a great opportunity to add a little weight – in your hands for Surfboards and Blackburns. If you don't have a ton of space for "Lateral Handwalk" you can always break it up into smaller chunks. If you have a band – you could use it to 'increase resistance' for the pushups, and/or increase the angle of your pushups.

