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| --- | --- | --- |
| Upper Body & Mobility | **Competitive** | **Development** |
| **Exercise** | **Reps** | **Rest** | **Reps** | **Rest** |
| Press Up, Side Step | 16 | 30 sec | 12 | 30 sec |
| Floor Fly Circles | 20 | 30 sec | 16 | 30 sec |
| Shoulder Circles Backwards | 1 Min | 30 sec | 30 sec | 30 sec |
| Side Push up (Half on each side) | 16 | 30 sec | 12 | 30 sec |
| Banana, Elbow Tap Rotations | 20 | 30 sec | 16 | 30 sec |
| Tricep Push Backs | 1 Min | 30 sec | 30 sec | 30 sec |
| Hand/Arm Release Press Ups | 16 | 30 sec | 12 | 30 sec |
| T shape back squeezes | 20 | 30 sec | 16 | 30 sec |
| Flappy bird | 1 Min | 30 sec | 30 sec | 30 sec |
| Shoulder Press Up | 16 | 30 sec | 12 | 30 sec |
| Supine Press Up | 20 | 30 sec | 16 | 30 sec |
| Shoulder Circles Forwards | 1 Min | 2 Min | 30 sec | 2 Min |
|  X 3 Rounds |  |  |  |  |

Session 10