



## **Goal Umpire BW Strength V1.0**

- Hand-release pushup x 8-12
- Lunge w twist x 8-12 e/s
- Good morning x 8-12
- Band/Towel Row x 8-12
- Squat x 8-12
- Inchworm x 4-8

Complete 2-3 sets with rest as required

