

SUP Strength Workout

Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Dead Lift 	2 sets of 25				
Squat with Anterior Raise 	3 sets of 8				
Straight Arm Pull Backs 	2 sets of 25				
Single Arm Speed Pulls 	3 x 20 second build ups of speed on each arm				
Double Arm Hip Pulls 	2 sets of 25 each side				
Pallof Chop and Rotate 	2 sets of 15 each side				
Pallof Floor Up 	Groups of 5 on each leg				
Kneeling Crunch 	2 sets of 30				