

COACH'S NOTES

Warm up with a light set of DB's by performing:

4 Rounds

2-3 reps of a devils press

-Follow each set with 20 seconds on the rower
(Or cardio athletes choice).

-Focus Points:

-Keeping the back flat and using the hips to get the weight up over head.

-Arms finish completely locked out over head.

-Smooth Pace on the row (or cardio option) that allows you to do bigger sets on the Devils press.



COACH'S NOTES – SUBS

Devils Press

- Single Arm Devil's Press
- Plank Devils Press
- Burpee + Plate Ground to Overhead
- Burpee + Any Object Ground to Overhead (Ex. Medball)
- Burpee Variations

Row for Cals

- Ski Erg / Assault Bike
- Air Dyne Bike = 35, 30, 25, 20, 15
- Run - 250m, 200m, 150m, 100m, 50m

