

Da PVC Pipe Pump

Perform each move for 60 seconds of work with 15 seconds of rest between moves:

	Exercise	Work	Rest
1	Prone Low Trap Pole Presses	60s	15s
2	Pole-Band Split Stance Biceps Curls	60s	15s
3	Pole-Band Uppercut Presses	60s	15s
4	Stick-Assisted DB 1-Arm, 1-Leg Hip Hinges <i>Left Leg</i>	60s	15s
5	Stick-Assisted DB 1-Arm, 1-Leg Hip Hinges <i>Right Leg</i>	60s	15s
6	Stick-Assisted DB 1-Arm FFE Split Squats <i>Left Leg</i>	60s	15s
7	Stick-Assisted DB 1-Arm FFE Split Squats <i>Right Leg</i>	60s	15s
8	Plank Pole Climbs	60s	15s

That's 1 round that takes 10 minutes to complete. Perform up to 3 total rounds.

