

Workout #6 : Bishop

Rotator Cuff/Shoulders and Glutes/Hips

- 10 rotational rope undulations for shoulders/rotator cuff
- 10 calisthenics for hips/gluteal muscles (use ankle weights for added challenge)

40 seconds of each exercise, Followed by 20 seconds of rest. Alternate between rope undulation and calisthenics.

<u>Rope Undulation</u>	<u>Calisthenics</u>
Small Double Rotation	Dog Leg (Right)
Small Alternating Rotation	Dog Leg (Left)
Big Double Rotation	Donkey Kick (Right)
Big Alternating Rotation	Donkey Kick (Left)
Small Wide Alternating Rotation	Sidelying Abduction (Right)
Big Wide Alternating Rotation	Sidelying Abduction (Left)
Small Wide Double Rotation	Squats
Big Wide Double Rotation	Alternating Lunge
Jumping Jacks	Prone Leg Extension (Right)
Horizontal Undulation	Prone Leg Extension (Left)