

**Workout #5 : Ojai**

**Upper Extremity Endurance**

**No rest during this entire workout**

- Hold both ends of rope in one hand.
- Undulate with that one arm until failure.
- Switch the ropes to other hand and again undulate until failure.
- Keep switching back and forth until both arms have undulated 5 times.
- Then, without resting, repeat the entire process holding a single end of the rope.