



Warm Up: **Back Day!**

- Band Rotator Cuff Activation
- PVC Wrists Twist & Stretch
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



S/A Standing Low Row:

4-5 Sets w/ 1:30 TOR

- 8-10 Reps(ea) @ Max

AMRAP: R-O-T

- 200m Row or :45 Rest
- 5-8 UB Strict Pull Ups



E2MOM: 4 or 5 Rounds

- 14-27 Cals Rowed

AMRAP:

- 10 Cals Ran(Optional)
- 8 Rollouts
- 6 Ball Pick Ups
- 4 ^^ Reverse Lunges(ttl)
- 2 Db Man Makers



December 11th

Block 1:

