



Warm Up: **Shoulder Day!**

Cycle #3/12 - Heavy

- Rotator Cuff Warm Up
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- PVC Torso Rotation
- MB Frontal/OH Pulses w/ Tempo
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



E2MOM: 10 Rounds

Odd

- 15 Db Shoulder Press @ 40%
- 10-20 Plank Ball Tosses(ttl)

Even

- 8-10 Db Pullovers
- 10-15 K to B/V-Ups



Metcon: 22 Mins

- 14/18 Cal Bike @ 70%
- 12 Ball Tosses
- 6 Db High Pulls(ea)
- 2:00 Rest



Shoulder Press Cycle:

#3/12 - Heavy

1. Continue warm up
2. 5x8-10 @ 70-65%

Into → Heavy Work

4-5 Sets(ea):

10-12 @ Max w/ 2:00 TOR

1. S/A Bench High Row(ea)
2. S/A Lat Raises(ea)
3. Seated Arnold Press

