COR

Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!



EMOM: 10 Rounds(ea)

Group A

Even -

• 8-10 Db Chest Press @ 50-60%

Odd -

• 10-15 K to B/Tuck Ups

Or

• 8-10 Rollouts

3:00 Rest/Transition

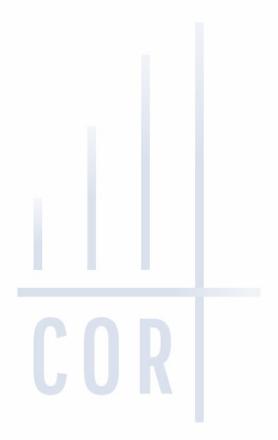
Group B

Even -

• 7-18 Cals Rowed

Odd -

• 8-30 Push Ups



Db Incline Press:

4-5 Sets w/ 1:30 TOR

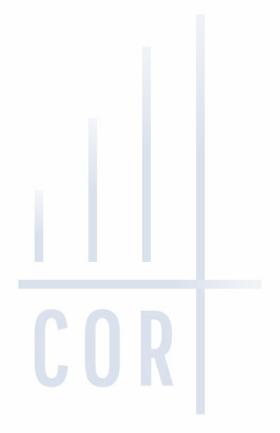
• 10 Reps w/ Pause @ 40-50%

30 or 50 Cal Bike Ride(Optional)

Db Incline Fly-Press:

4-5 Sets w/ 1:30 TOR

. 10 Reps w/ Pause @ Max



December 15th

Block 1:

