



## Warm Up: Shoulder Day!

### Cycle #4/12 - Volume

- 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



## Buy In:

- 30 Db Alt Snatch(ttl)

## Db Seated Press:

4-5 sets w/ 1:00 TOR

- 10 Reps @ 50-60%

800m Row @ Pace

## Post Delt Superset:

3-4 Sets w/ 1:30 TOR

- 10 Db High Row w/ Pause
- 12 Band Pulls w/ Tempo

800m Row @ Pace

## Buy Out:

- 30 Db Alt Snatch(ttl)



Ladder: 8 Mins

**UB2 AMRAP**

- 2 Cals Biked
- 2 Ball Clean to S

Into → R-O-T

Push Press Practice:

**S/A or DBL**

- Your Choice



## Shoulder Press Cycle:

### #4/12 - Volume/Tempo

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. 4x15-20 @ 40%
  - 2:00 TOR

Into → Supplemental Work

## All W/ Tempo:

### 4x15-20 @ Max w/ 2:00 TOR

1. Db High Rows
2. Db Upright Rows
3. Db MB Front Raises

