COR

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

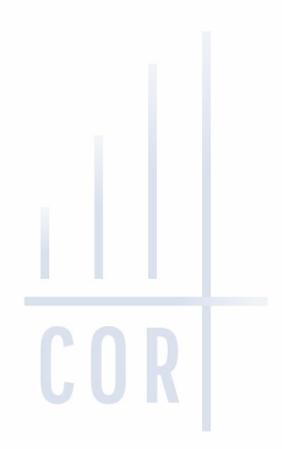
UB2 AMRAP

- 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

