



## 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!



8 Rounds: 34:30 Mins

3:00 Work/1:30 Rest

**Pick Up Where You Left Off**

- 12-16/16-20 Cals Rowed
- 10 Chest Press @ 60%
- 8 Ball Clean to S
- 7 Chest Press @ 60%
- 10-15 K to B/Tuck Up
- 4 Chest Press @ 70%
- 5-10 HRPUs



Choose One:

**3-5 Sets w/ 1:00 TOR**

- Incline Press w/ Pause
- Decline Press w/ Pause
- 8-10 Reps @ Max



December 21st

Block 1:

