



Warm Up: **Arm Day!**

- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Stretch
- PVC Lat Stretch
- TRX Bicep Stretch



AMRAP Ladder: 10 Mins

20/15/10/5

- Cals Rowed
- BB
- Ball G to S



Db OH Ext:

4-5 Sets w/ 1:00 TOR

- 10-12 Reps w/ Pause

Bicep Giant Set:

3-4 Sets w/ 2:00 TOR

- 6 Db Hammer Curl
- 8 Db Wide Curl
- Chin Ups to Failure
- 8-12 Band Rev Curl

Into → R-O-T

Biking AMRAP:

Every Multiple of 7 or 10 =

- 4 Dbl Db Devil Press(ttl)
- 8 K to B/Tuck Ups
- 8 Db Tricep Ext

