



## Warm Up: **Shoulder Day!**

### **Cycle #5/12 - Heavy**

- 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



## After Each Set:

### One leg at a time!

- 20/8 S/L Lat Hops/Bosu or Bench
- 2-4 S/L BB into Calf Raise/Low Bench Hop

## Db S/L Shoulder Press:

4 Sets w/ Tempo & 1:30 TOR

- 12-15 Reps @ 30%

## Db S/L Reverse Fly:

4 Sets w/ Tempo & 1:30 TOR

- 12-15 Reps @ Max

## Db S/L Lat Raise:

4 Sets w/ Tempo & 1:30 TOR

- 12-15 Reps @ Max



## E2MOM: 5 Rounds

- :30 Bike @ 70%+
- 10 Db Alt Snatches(ttl)
- 6 Ball G to S



## Shoulder Press Cycle:

### #5/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. 5x8-6 @ 75-70%
  - 3:00 TOR

### Into → Supplementary Lifting

## 4-5 Sets(ea): Reference Week #3

### 10-12 @ Max w/ 2:00 TOR

1. S/A Lat Raises(ea)
2. Bench S/A Reverse Fly(ea)
3. Db Arnold Press



December 26th

Audio

