



## 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!



Db Chest Press:

4-5 Sets w/ 1:30 TOR

- 12-10 Reps @ 60-50%

Jog @ Pace if Finished!



## EMOM: 4 or 5 Rounds

1. 125-250m Ran
2. 7-30 Push Ups
3. 10-15 K to B/V-Up  
Variation
4. 20 Db Alt Incline Press(ttl)

Into → **R-O-T**

## AMRAP:

- 15 Cal Row
- 20 BW Step Overs(ttl)
- 8-10 Db Pullovers(bent)



