COR

December 28th

10 mins

Warm Up: Back Day!

- Band Rotator Cuff Activation
- “The” Stretch
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)

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"The" Stretch Demo

<u>Buy In & Out:</u>

- 30 or 40 Db Alt Snatches(ttl)

<u>4 or 5 Rounds:</u>

- 15-21/21-27 Cals Rowed
- 10 or 20 Strict Pull Ups
- 6 or 8 Ball Squat Cleans
- 4 or 6 Db BB Deadlifts
- 20 Back Extensions

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Audio