



## 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!



## 100 Db Chest Press:

(35/50#) or 50%(if higher)

- Every Rest = 150 or 200m Run

3:00 Rest Into →

## Db Incline Press:

3-5 Sets w/ 1:30 TOR

- 8-10 Reps @ 40-30% w/ Pause

Into →

## AMRAP: R-O-T

- 200m Run or 1:00
- 5 Ball Pick Ups
- 10-15 K to B/Tuck Ups



You go, I go: **10 Mins**

- 100m Row or Run
- 3-5 Push Up Burpees



