



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)



The 1 Minute Stretch

Conditioning: 5 Rounds

Row DB **150** or 200m

- **800** or 1,000m Row
- Pull Up Set to Failure

Into → Db Pullovers

3-5 Sets w/ 1:00 TOR

- 8-10 Reps(Soft Bend)

Jog/Rest if Finished!



Buy In & Out:

- 1:00 BB AMRAP
- 1:00 Transition

EMOM: 10 Mins

Even

- :25-:40 Bar Hang

Or

- :45 Db Hold @ Max

Odd

- 8-10 Db Cleans @ Max



January 11th

Audio

