# COR

# 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

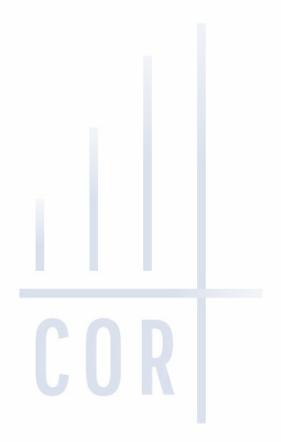
Conditioning: 5 Rounds Row DB 150 or 200m

- 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!



# January 11th

# 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





