



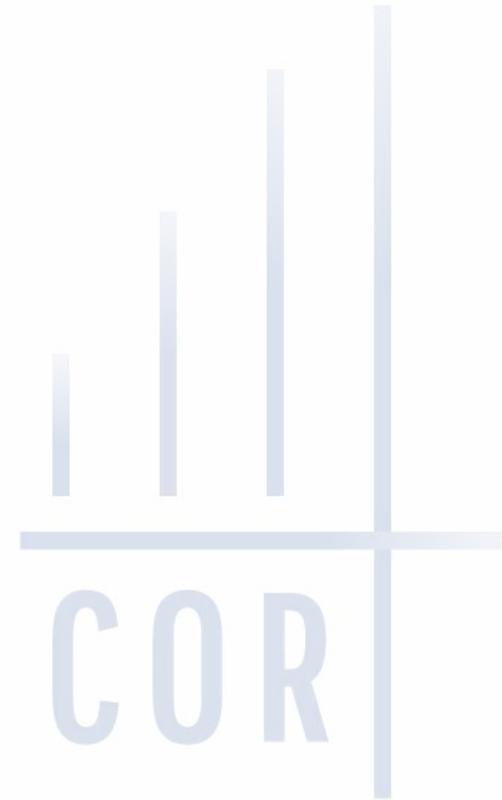
Warm Up: **Shoulder Day!**

Cycle #8/12 - Volume

- Rotator Cuff Warm Up
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- PVC Torso Rotation
- MB Frontal/OH Pulses w/ Tempo
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



Db Seated Press:

- GVT @ 40-60% w/ 1:00 TOR

AMRAP: R-O-T

- 10-15 Cal Row
- 10 Db Ext High Rows



Chipper: Any Order

- 30 Ball Slams w/ Rotation(ttl)
- 50 K to B or Core Choice
- 30 Db Upright Rows
- 30 Aerobic Cals
- 30 Db Reverse Flys
- 30 Db Front Raises



Shoulder Press Cycle:

#8/12 - GVT Repeat

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. GVT @ 60-55% w/ 1:00 TOR

Into → Supplemental Work

Superset:

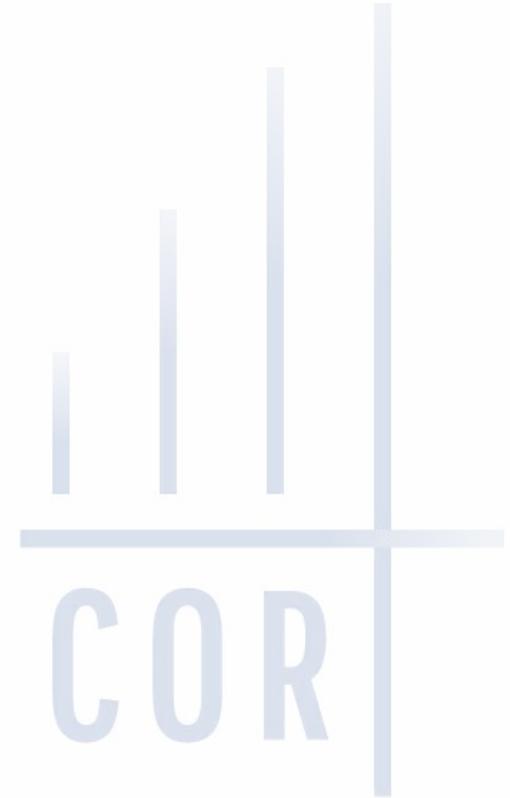
4 Sets w/ 2:00 TOR

- 12 Db Reverse Flys w/ Tempo
- 12 Band Pulls w/ Tempo

Superset:

4 Sets w/ 2:00 TOR

- 12 Seated Db Front Raises w/ Tempo
- 8 Db Upright Row w/ Pause @ Max



January 12th

Audio

