



Warm Up: Shoulder Day!

Cycle #9/12 - Heavy

- 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 Shoulder Press:

1. Find 1RM(If applicable)
2. 4-5x10-12 @ 50% w/ 1:00 TOR

Kneeling Db Y:

4-5 Sets w/ 1:00 TOR

- 12 Reps @ Max

Alt Db High Row:

4 Sets w/ 1:00 TOR

- 20 Reps(ttl) @ Max

AMRAP: R-O-T

21-15-9-6

- Aerobic Cals
- Ball Tosses



Finish →

AMRAP: R-O-T

21-15-9-6

- Aerobic Cals
- Ball Tosses

Into → Core Ladder

DB5 Each Round

- 20 Hollow Rocks
- 20 Rollouts
- 20 K to B/Sit Ups
- 20 Rowing Strokes



Shoulder Press Cycle:

#9/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press AMRAP
 - Xx5-4 @ 80% w/ 2:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea): Reference Weeks #3 & 5

10-12 @ Max w/ 1:30 TOR

1. Bench Lying Reverse Flys
2. Upright Row Superset w/ Lat Raise
3. Alt High Row(ea)



January 18th

Audio

