



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)



Baseline Row!

- 1,000m For Time
- Track Time!

Rest Once Finished



- S/A Low Row w/ Ext: Any Setup
4-5 Sets(ea) w/ 1:00 TOR
- 12 Reps @ Max



Metcon: 4 Rounds

4:00 Work/2:00 Rest

Start @ Top Every Round

- 15-24/18-27 Cals Rowed
- 8 Strict Pull Ups
- 6 Ball G to S
- 4 Strict Pull Ups
- 7/10 Cals Biked
- 2 Db BB DL



