



Warm Up: **Shoulder Day!**

Cycle #10/12 - 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



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Db L Press:

- 3-5 Sets w/ 1:00 TOR
- 10-12 Reps(ea) @ 40-50%

Bike Ride:

- 50, 75, 100 Cals

S/L Close Grip Front Raise:

- 4 Sets w/ 1:30 TOR
- 12-15 Reps @ Max w/ Tempo

After Each Exercise:

- 20 Db Push Press @ Max

4-5 Rounds:

- 7-12/10-15 Cals Biked
- 12-20 Ball Tosses UB

S/L Lateral Raise:

- 4 Sets w/ 1:30 TOR
- 12-15 Reps @ Max w/ Tempo



Shoulder Press Cycle:

#10/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press
 - 5x3-5 @ 90% w/ 3-4:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea):

10-12 @ Max w/ 1:30 TOR

1. Bench Lying Reverse Flys
2. 5-7 S/A Db High Pull(ea)
3. Db Arnold Press



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Audio

