



## Warm Up: **Arm Day!**

- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Stretch
- PVC Lat Stretch
- TRX Bicep Stretch



## Pyramid:

- 50 Cals Biked or Rowed
- 40 HRPU
- 30 Chin Ups
- 20 Ball Clean to OH
- 10 Db Man Makers
- 40 Cals Biked or Rowed
- 30 HRPU
- 20 Chin Ups
- 10 Ball Clean to OH
- 30 Cals Biked or Rowed
- 20 HRPU
- 10 Chin Ups
- 20 Cals Biked or Rowed
- 10 HRPU
- 10 Cals Biked or Rowed

## 4 Rounds:

Start @ 40 or 25 Reps

DB 10 or 5 Each Round

- Db Tricep Ext
- Db Hammer Curls
- Bench Tricep Dips
- Band Reverse Curls



