



Warm Up: **Shoulder Day!**

**Cycle #11/12 - 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



## 8 Rounds:

- 100m Run
- 8 Standing S/A Press @ 40-60%

Into → R-O-T

## AMRAP: @ Max

- 7 Db S/A High Pulls(ea)
- 10 Db Lateral Raises
- 12 Db Reverse Flys
- 200m Run or 1:00



## Metcons: AMRAP Style

### #1

- 600, 800, or 1000m Run
- 40 or 50 Db Push Press (35/50#)

### #2

- 400, 600, or 800m Run
- 40 or 50 Db Alt Snatches (ttl) (35/50#)

### #3

- 200, 400, or 600m Run
- 20 or 30 BB



## Shoulder Press Cycle:

### #11/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press
  - 5x1-3 @ 100% w/ 3-4:00 TOR

Into → Supplementary Lifting

## 4-5 Sets(ea):

10-12 @ Max w/ 1:30 TOR

1. Db S/A High Row(ea)
2. Bench Lying Reverse Flys
3. Db Arnold Press(Heaviest to date)



