



Warm Up: Partner 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)



## Partners: You go, I go

- 80 or 100 Ball Tosses(10)
- 30 or 40 Cal Row(ea)
- 50 or 60 Pull Ups
- 60 or 80 S/A Db OH Rev Lunges
- 25 or 35 Cal Row(ea)
- 30 or 40 Pull Ups
- 60 or 80 Db Deadlifts @ 60%
- 20 or 30 Cal Row(ea)
- 50 or 60 Db Clean to OH
- 60 or 80 Ball Step Overs
- 15 or 25 Cal Row(ea)
- 30 or 40 Db Clean to OH
- 60 or 80 Ball Squat Cleans
- 30 or 60 Bench Step Over BB



January 31st

Audio

