



## 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)



You go, I go!

Every 5 Mins for 2 Mins = Work Together

## Buy In:

- 300 or 400m Run(ea)
- 60 Db Snatches(ttl)

In ANY order, but ALL at once!

- 60, 80, or 100 BB
- 6, 8, or 10 Rounds of 10 Cals Biked & 5 Db BB DL
- 6, 8, or 10 Rounds of 12 Cals Rowed & 8 Ball G to S
- 60, 80, or 100 **Strict** Pull Ups
- 60, 80, or 100 Db S/A OH Reverse Lunges(ttl)

## Buy Out:

- 300 or 400m Run(ea)
- 60 Db Clean to OH(ttl)



