COR

January 6th

Warm Up: Shoulder Day! Cycle #7/12 - 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

20 Prone Shoulder Complex

Db L Press:

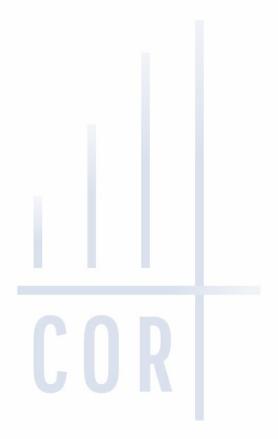
3-5 Sets w/ 1:00 TOR

• 10 Reps(ea) @ Max

20 Prone Shoulder Complex

AMRAP: R-O-T

- 12 Cal Run
- 7 Db High Pulls(ea)



Metcon: 20 Mins

- 300 or 400m Run
- 12 Db Reverse Flys
- 8 S/L V-Ups(ea)
- 4 Ball Slams
- 1:00 Rest(Optional)



Shoulder Press Cycle:

#7/12 - Heavy

- 1. Continue Warm Up
- 2. 30 Prone Shoulder Complex
- 3. Shoulder Press
 - 5x6-5 @ 80-85%
 - 3-4:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea): Reference Weeks #3 & 5 8-10 @ Max w/ 2:00 TOR

- 1. Bench S/A High Row(ea)
- 2. S/A Lat Raises(ea)
- 3. Db Arnold Press



January



