



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



