



## Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!



## Chest Press: Choose One

3-5 Sets

1. 10-12 Reps @ 60-50% w/ 1:30 TOR
2. 6-8 Reps @ 70%+ w/ 2:00 TOR

## Metcon Option!

800m Run or 5 Mins

## Alternating AMRAP:

- 1:00 Bike @ 60%+
1. 8-30 Push Ups UB
  2. 20 Alt Incline Press(ttl)
- 1:00 Rest

## Strength Option!

## Decline Press:

- 4-5 Sets w/ 1:30 TOR
- 8-10 Reps @ 50%+

## AMRAP: R-O-T

- 12 Db Tricep Press @ Max
- 7-20 Tricep Push Ups
- 1:00 Rest



Alt EMOM: 8 Mins(ea)

Even

- 10-20 K to B/Tuck Ups

Odd

- 10-18 Cals Rowed



