



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!



February 2nd

Lifting Option

10-9-8-1 w/ 1:00-1:30 TOR
20-18-10 w/ 1:30-2:00 TOR

- Chest Press @ 50%
- Push Ups

3:00 Rest/Transition

Incline Press:

4-5 Rounds

- 15 or 20 Cal Row
- 12 Reps w/ Pause @ 40-50%

Choose One: 4-5 Sets

10-12 Reps @ Max w/ 1:30 TOR

- Incline Fly-Press
- Incline Tricep Press
- Decline Press

Metcon Option

4-5 Rounds:

- 2, 3, or 400m Run
- 12 or 20 Chest Press @ 40%

Straight Into →

4-5 Rounds:

- 2, 3, or 400m Run
- 10-20 K to B/Tuck Ups
- 5-12 BB

2:00 Rest/Transition

Decline Press:

4-5 Sets w/ 1:00 TOR

- 10-12 Reps @ Max

EMOM: 3-4 Mins

- :10 Bike Sprint



