



Warm Up: Shoulder Day!

Cycle #12/12 - 1 RM (Re)Test

- 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



February 5th

Db Seated Press:

- Test 1 RM(Optional)

4 Rounds:

- 300 or 400m Run
- 15-20 Kneeling Press @ 40%

Post Delt Superset:

3-5 Sets w/ 1:30 TOR @ Max

- 10 Seated High Rows
- 12 Bench Lying Rev Flys

5 Rounds:

- 200, 300, or 400m Run
- 1:00 TOR

Db S/A High Pull:

4 Sets w/ 1:00 TOR

- 7 Reps(ea) @ Max

Or

Db Clean to OH:

4 Sets w/ 1:00 TOR

- 8 Reps @ Max

AMRAP: R-O-T

- 10 Aerobic Cals
- 10-20 Reps UB
 - K to B
 - V-Up Variation
 - 8-10 Rollouts



February 5th

Audio

