



Warm Up: **Shoulder Day Repeat!**

- 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



Accumulating Bike Calories:

45 Mins Ascending - Do **NOT** Reset Monitors

Red Minute Marks = Back to Standing Press

3:00 - 10 Db Standing Press & 8-10 Db Lat Raises

6:00 - 150m or 200m Run & 10 Ball Tosses

9:00 - 10 Db High Rows & 10 Db Reverse Flys

12:00 - 200, 350, or 500m Tread Run

15:00 - 10 Db Standing Press & 8-10 Db Lat Raises

18:00 - 150m or 200m Run & 10 Ball Tosses

21:00 - 10 Db High Rows & 10 Db Reverse Flys

24:00 - 200, 350, or 500m Tread Run

27:00 - 10 Db Standing Press & 8-10 Db Lat Raises

30:00 - 150m or 200m Run & 10 Ball Tosses

33:00 - 10 Db High Rows & 10 Db Reverse Flys

36:00 - 200, 350, or 500m Tread Run

39:00 - 10 Db Standing Press & 8-10 Db Lat Raises

42:00 - 10-20 or 30 BB

45:00 - See How Many Cals You Got!



February 13th

Audio

