



Warm Up: **Back Lifting Day!**

- Band Rotator Cuff Activation
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



## Strict Pull Ups:

5 Sets w/ 1:00 TOR

- 5-10 Reps

## S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8 Reps w/ Pause @ Max

## Strict Pull Ups:

- R-O-T AMRAP



## Alt EMOM: 6 or 8 Mins(ea)

### Group A

- :30 Db Hold
- :30 Death March

### Group B

- Rest

Into → R-O-T

## EMOM:

- “X” Cals Biked

**Try & Repeat Each Round!**



February 15th

Audio

