



Warm Up: Chest Day!

Cycle Week #1/12

Baseline last done 6/21/23

- 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:

1. 1:00 PU Baseline
2. Optional 1RM
3. 3-5x8-12 @ 50% w/ 1:00 TOR

4 Rounds:

- 10-15 Cal Run
- 20 Db Alt Incline Press(ttl)

AMRAP: R-O-T

- 1:00 Run @ Pace
  - 10-20 K to B UB
- Or

- 20 Bench Leg Raises



## EMOM: 10 Mins

Odd

- 10-30 Push Ups

Even

- :40 Run @ 70%+

## Decline Press: Optional

3-4 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



## Cycle Week #1

1. 1:00 PU Baseline
2. 1 RM(If Applicable)
3. GVT @ 40-50% w/ 1:00 TOR

Into → Sup Lifts

3-4 Sets(ea):

**8-12 Reps w/ 1:30 TOR**

1. Decline Press @ 50%
2. Incline Fly-Press @ Max & PU
3. Incline Tricep Press @ Max



February 16th

Audio

