



Warm Up: **Arm Day!**

- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Stretch
- PVC Lat Stretch
- TRX Bicep Stretch



You go, I go!

20-15-10-5

25-20-15-10

- Cals Rowed(ea)
- Chin Ups(ttl)
- Ball G to S(ttl)



Seated Db Tricep OH Ext:

3-5 Sets **Ramping** w/ 1-1:30 TOR

- 8-12 Reps

4-5 Rounds:

- 300 or 400m Run
- 15 Db Tricep Ext UB
- 10 Db Hammer Curls

Finisher:

2 Sets to Failure

- Db Conc Curl(ea)



February 18th

Audio

