



Warm Up: **Shoulder Day!**

- 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



Seated Shoulder Press:

4-5 Sets w/ 1:00-1:30 TOR

- 8-12 Reps @ 50-60%

Db Superset: @ Max

4 Sets w/ 1:30 TOR

- 8 High Rows w/ Pause
- 12 Reverse Flys

Jog if finished!



E3MOM: 5 Rounds

- 200-400m Tread Run

Round

1. 12 Db Cleans(35/50#)
2. 14 Plank Pull Throughs(ttl)
3. 10 Db Clean to OH
4. 14 Plank Pull Throughs(ttl)
5. 8 Db Clean to Thruster



AMRAP: 7 Mins

Every Break = :20 Rest(Min)

- 100 Ball Tosses



February 19th

Audio

