



Warm Up: Back Day Baseline & MC!

Baseline last done 7/26/23

- 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)



Mini Cycle #1/8!

1. 1:00 Pull Up AMRAP(Baseline)
2. 2:00 Rest
3. 40 or 50 **Strict** Pull Ups AFAP

Into → AMRAP

4 Round Cap:

- 12-16/16-20 Cals Rowed
- 10 Ball/Db Cleans



Super Set: Same Weight

3-4 Sets w/ 1:30 TOR

- 8 Db RDL's
- 8 Db Low Rows

AMRAP: R-O-T

- :45 Row @ 70%
- 12 Deadbugs(ttl)
- 10 Hollow Rocks
- 8 Hip Raises



February 21st

Audio

