

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 \rightarrow AMRAP

4 Round Cap:

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

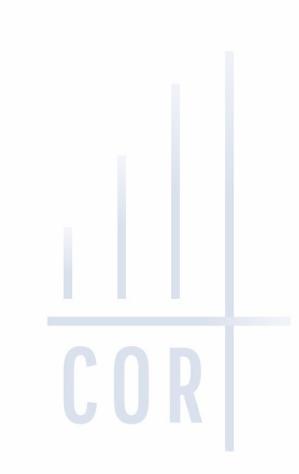
Block 1: 25 mins

Super Set: Same Weight

- 3-4 Sets w/ 1:30 TOR
- 8 Db RDL's
- 8 Db Low Rows

<u>AMRAP:</u> R-O-T

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



Audio

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