



## Warm Up: **Arm Day!**

- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- Band Rotator Cuff
- TRX Bicep Stretch



# February 23rd

500, 600, or 800m Run

## Bicep Superset:

3-5 Sets w/ 1:30 TOR

- 8 Db Sup Curls @ Max
- 5-10 Chin Ups

500, 600, or 800m Run

## Tricep Superset:

3-5 Sets w/ 1:30 TOR

- 8 Db OH Tricep Ext @ Max
- 12 Db Tricep Ext @ Max

500, 600, or 800m Run

## AMRAP: 7 Min Cap

- 50 Ball G to S

Into → **R-O-T**

## Alt AMRAP Run:

Every 150m = Stop & Lift

1. 15-20 Tricep Pulldowns
2. 8-12 Seated Db Curls



