



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:

Two Weeks Rolling

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

- 8-12 Reps @ 50-60%

Db Superset: @ Max

3-4 Sets w/ 1:30 TOR

- 10 Seated High Rows
- 8-12 Bench Lying Rev Flys

EMOM: "X" Rounds

- :30-:40 Plank



Choose One: Ramping

5-7 Sets w/ 1:00 TOR

1. 4-7 Db High Pull(ea)
2. 3-10 Db Push Press

EMOM: 5+ Rounds

Hold # Each Round!

- Biking Cals



February 25th

Audio

