



Warm Up: Back Day Baseline & MC!

Baseline last done 6/27/23

- 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)



Baseline!

- Bar hang for time
- No grips allowed**

Into →

AMRAP: **R-O-T**

- 7-12 Cals Biked
- 8 Db Clean to OH



Pull Ups Mini Cycle: #2/8

Choose One

- 5x5-10 w/ 1:00-1:30 TOR
- EMOM for 5-10 Mins
- :30 EMOM for 5-10 Mins

Standing Bench S/A Low Row:

4-5 sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max



EMOM: 6 Mins

1. :40 Bike @ 70%
2. :40 Row @ 70%
3. 4-12 Db S/A Devil Press(ttl)
4. :40 Bike @ 70%
5. :40 Row @ 70%
6. 4-12 Db S/A Devil Press(ttl)



February 27th

Audio

