



Warm Up: Chest Day!

Cycle Week #3/12

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!



AMRAP: 10 Mins

- 8-12 Db Pullovers
- 8-10 Ball Cleans
- 1:00 TOR



AMRAP Run:

Min Mark = Lifting

Ideally Using % Listed

2:00 - 15-20 Db Press @ 50%

4:00 - 15-20 Db Incline Press @ 40%

6:00 - 15-20 Db Decline Press @ 40-50%
& 10-40 Push Ups

10:00 - 12-15 Db Press @ 50%

12:00 - 12-15 Db Incline Press @ 40%

14:00 - 12-15 Db Decline Press @ 40-50%
& 10-40 Push Ups

18:00 - 8-12 Db Press @ 50%

20:00 - 8-12 Db Incline Press @ 40%

22:00 - 8-12 Db Decline Press @ 40-50%
& 10-30 Push Ups

26:00 - 20 K to B or Tuck Ups/Sit Ups

28:00 - 20 K to B or Tuck Ups/Sit Ups

30:00 - Done!



Cycle Week #3

1. Continue Warm Up
2. 4-5x8-12 @ 60-55%
 - 2:00 TOR

Into → Sup Lifts

4-5 Sets(ea):

8-12 Reps w/ 1:30 TOR

1. Incline Press @ 50-40% w/ Pause
2. Incline Fly-Press @ Max & 7-10 PU
3. Db Decline Press
 - 2xFailure @ 50% w/ 3:00 TOR



