



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:

Three Weeks Rolling

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

- 8-12 Reps @ 50-60%

Db S/A High Row: Any Setup

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

Db S/A High Pull:

AMRAP w/ 1:00 TOR

- 7 Reps(ea) Ramping



EMOM: 10 Mins

Even

- :30-:40 Kneeling Db OH Hold

Odd

- 50-200m Run

Into → R-O-T

AMRAP: 5 Round Cap

- 10 or 12 Cal Run
- 8 Db Cleans (35/50#)



