COR

Warm Up: Chest Day! Cycle Week #5/12

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



Db Chest Press:

4-5 Sets w/ 1:30 TOR

• 8-12 Reps @ 50-60%

Db Decline Press:

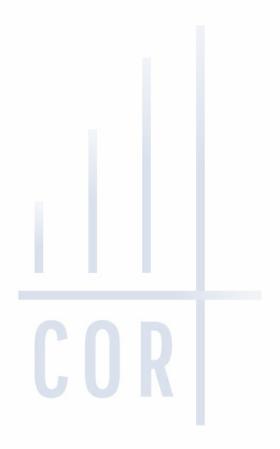
4-5 Sets w/ 1:30 TOR

• 8-12 Reps @ 40-50%

Into \rightarrow R-O-T

AMRAP:

- 200 or 300m Run
- 20 Bird Dogs(ttl)



Metcon: 18 Mins

5 Round Cap

- 1:00 Run @ 70%+
- :15 Sprint

Into → Ladder DB2/4

- 10 or 20 Push Ups
- 10 Ball Snatches
- 10 Db S/A Incline Press(ea)
- 1:00 Rest(Optional)



Cycle Week #5

- 1. Continue Warm Up
- 2. 5x10-6 @ 70-65%
 - Up 2-1 WC from week #3
 - 3:00 TOR

Into \rightarrow R-O-T

4-5 Sets(ea):

10-6 Reps w/ 2:00 TOR

- 1. Incline Press @ Max
- 2. Incline Fly-Press @ Max
- 3. Db Decline Press @ Max



March 11th Audio

