



## 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 → 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 → 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

