



## Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
  - External Rotation x15
  - Band Pulls x15
  - 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



## Buy In & Out:

- 500m or 800m Tread Run

## Ladder AMRAP:

6-9-12-15-12-9-6

- Db Push Press (35/50#)
- Db High Rows
- Push Ups



## Class Work: 24 Mins

### 4 Rounds Per/Member

- 10 Cals Ran & 10 Alt Db Snatches(ttl)

### 20 Per/Member

- Walkout Plank w/ Db Pull Through

### 20 Per/Member

- Db OH Knees to Toes(ttl)

### 4 Rounds Per/Member

- 8 Db High Pull(ea) & 4 Ball Pick Ups

### AMRAP - On & Off Bike to Complete Round

- 7/10 Cals Biked



March 14th

Audio

