



## Warm Up: **Arm Day!**

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



Metcon: 27 Mins

Same Leg the Entire Round

- 15 S/L Db Supinated Curls
- 20 Lat Cone Hops
- Chin Ups Until Failure
- 15 S/L Db OH Extensions
- 20 Frontal Cone Hops
- Tricep Push Ups to Failure
- 700m Run or 4 Mins



## In Order:

1. 40 or 50 Db Tricep Ext
2. 40 or 50 Kneeling Db Hammer Curls
3. AMRAP Rounds
  - 200m Run
  - 8 Db Cleans (35/50#)



March 16th

Audio

