



Warm Up: Chest Day!

Cycle Week #6/12

- 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 Decline Press:

3-5 Sets w/ 1:30 TOR

- 10 Reps @ Max

Metcon: **R-O-T**

- 300 or 400m Run
- 10 S/A Db Press @ Max(ea)
- 8-12 Db Pullovers @ Max
- 10-20 K to B or Tuck Ups



AMRAP's: 4 Min(ea)

1:00 Switches

#1

- 7-10 Push Ups
- 6/8 Cals Biked

#2

- 7-10 Low Bench Push Ups
- 20 Low Bench Step/Hop Overs

#3

- 7-10 Bench Push Ups
- 5 Ball Clean to Shoulder



Cycle Week #6

1. Continue Warm Up
2. 4-5x15-12 @ 60-55%
 - Up 1-2 WC from Week #1
 - 2:00 TOR

Into → R-O-T

In Order:

1. 100 or 150 PU
2. Decline Press @ Max
 - 4-5x8-12 w/ 1:30 TOR
3. 50 or 100 PU



March 17th

Audio

