



## Warm Up: Back Day!

### Mini Cycle #5/8

- Band Rotator Cuff Activation
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



Class Work: 15 Min Cap  
**50 Per/Member**

- Pull Ups(Any Variation)

Into → Row

- **48/64** or **64/80** Cals Rowed



Class Work: 13 Min Cap

40 Per/Member

- Pull Ups(Any Variation)

Into → Row

- 40/56 or 56/72 Cals Rowed



Class Work: 11 Min Cap

**30 Per/Member**

- Pull Ups(Any Variation)

Into → Row

- **32/48** or **48/64** Cals Rowed



- Class AMRAP: R-O-T
- Dbl Db Devil Press



March 19th

Audio

