



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



Brick #1

- 50 Cals Biked or 5:00
- 800m Run or 4:00

Into → R-O-T

AMRAP:

- 8 Standing S/A Db Press @ 60%
- 6 OH Rev Lunge w/ ^{^^^} Weight
- **Switch & Do Other Arm**
- 20 Plank Ball Tosses(ttl)



Brick #2

- 40 Cals Biked or 4:00
- 600m Run or 3:00

Into → R-O-T

AMRAP:

- 12 Db High Rows
- 10 Db Reverse Flys
- 10-20 K to B UB



Brick #3

- 30 Cals Biked or 3:00
- 400m Run or 2:00

Into → R-O-T

AMRAP:

- 10 Seated Db Arnold Press @ Max
- 8-12 Db Y's
- 1:00 Rest



March 20th

Audio

