



Warm Up: Chest Day!

Cycle Week #7/12

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!



EMOM: 10 Mins

Even

- 15 Db Chest Press @ 40%

Odd

- :45 AMRAP Run

2:00 Transition/Rest

E2MOM: 5 Rounds

- 150 or 200m Run
- 8-15 Step Up Push Ups



Metcon: 20 Mins

- 8-12 Incline Press w/ Pause
- 30 Cals Ran or 2:00
- 6 Ball Clean to OH
- 10 Hip Dips(ea)
- 1:00 Rest



Cycle Week #7

1. Continue Warm Up
2. 5-4x8-6 @ 75-80%
 - Up 1-2 WC from Week #5
 - 3:00 TOR

Into → R-O-T

In Order:

1. Decline Press @ Max
 - 4-5x8 @ Max w/ 2:00 TOR
2. Incline Press w/ Pause
 - 4-5x8 @ Max w/ 2:00 TOR
3. 3xFailure Push Ups w/ 1:00 TOR



March 23rd

Audio

