



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



AMRAP: 15 Min Cap

- 100 Db Thrusters (35/50#)

Db Tricep Extension:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max(Bridge)

Concentration Curl:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max(Bridge)

Seated Db OH Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max(Ramp)



Ladder AMRAP: 10 Mins

UB1 Each Round

- 1 BB
- 1 Chin Up
- 1 Plank Tricep Ext
- 1 Db Curl



March 24th

Audio

