



## Warm Up: **Shoulder Lifting 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



## After Each Exercise:

- 20 MB Plank Taps(ttl)
- 20 MB OH Pulses

## Optional

- 25 Aerobic Cals

## Standing Press:

3-5 Sets w/ 1:30 TOR

- 12-8 Reps @ 60-50%

## S/A Ext High Row: Any Variation

3-5 Sets w/ 1:00 TOR

- 8-10 Reps @ Max

## Superset:

3-4 Sets w/ 1:30 TOR

- 8-10 Db Arnold Press
- 12-15 Db Lat Raises

## Post Delt Superset:

3-4 Sets w/ 1:30 TOR

- 12 Lying Reverse Flys
- 8 Band Face Pulls



March 26th

Audio

