COR

Warm Up: Chest Day! Cycle Week #8/12

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



Chest Press:

- 1. Find 1RM(Optional)
- 2. 4-5x8-12 @ 50% w/ 1:00 TOR

Into → AMRAP

R-O-T:

- 8-12 Cal Row
- 8-12 K to B/Rollouts/V-Ups



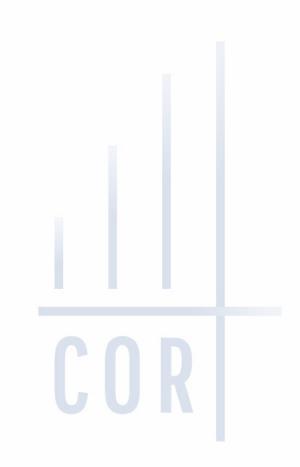
E3MOM: 4 Rounds

- 1. 8-18 Cals Rowed
- 2. :45 Ball Hold
- 3. 20 Db Alt Incline Press(ttl)



<u>Ladder:</u> Down & Up 10-8-6-4-2(Repeat 2)

- Cals Biked
- PU Burpee or PU



Cycle Week #8

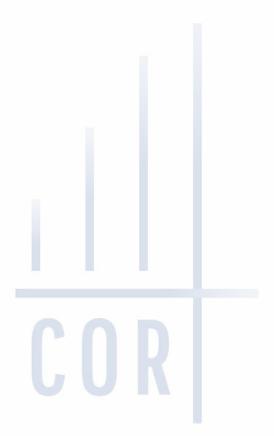
- 1. Continue Warm Up
- 2. GVT
 - 10x10 w/ 60%
 - 1:00 TOR

Into \rightarrow R-O-T

In Order:

50 Reps @ Max

- 1. Incline Press
- 2. Decline Press



March 9th Audio



