



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)



Ladder: 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 → R-O-T

In Order:

- 50 Reps @ Max
1. Incline Press
 2. Decline Press



March 9th

Audio

