



Warm Up: Back Day!

Mini Cycle #6/8

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



40 Strict Pull Ups

Into → R-O-T

AMRAP:

- Cals Rowed
- Every Multiple of 10 =
- 5 Ball G to S



30 Strict Pull Ups

Into → R-O-T

AMRAP:

- Cals Biked

Every Multiple of 7 =

- 4 or 8 BB



20 Strict Pull Ups

Into → R-O-T

Db Low Row:

Every 8 Reps =

- :30 Rest



10 Strict Pull Ups

Into → R-O-T

Ball Ruck:

Choose One

- 400m(Bold)
- 600m(Park)
- 800m(Tree)



March 30th

Audio

