



## Warm Up: Arm Day Baseline!

Baseline Last Done 6/8/23

- Band Rotator Cuff
- Db Wrist Curls
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



March 7th

Block 1: 25 mins

## 7's! 25 Min Cap

- 100 or 130m Run
- 7 Db Tricep Extensions
- 7 BB
- 7 Db Bicep Curls
- 7 HRP
- 7 Db Hammer Curls
- 7 Cals Biked

## AMRAP: R-O-T

- 50 Ball G to S

Will pick up next block!



## 50 Ball G to S:

40 if you never started

- Pick up where you left off

## Db OH Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps Ramping

## Db Conc Curl: Ramping

3-5 Sets w/ 1:00 TOR

- Start @ 12 Reps & DB2

## AMRAP: R-O-T

- :40 Bike @ 60%+
- 12 Db Reverse Curls
- 12 Db Kickbacks



March 7th

Audio

