



## Warm Up: **Shoulder 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



## 4-5 Rounds:

- 12-20 Cals Rowed
- 15 Standing Db Press @ 40%

**2:00 Rest/Transition**

## AMRAP: 5 Round Cap

- 10-20 Cals Biked
- 15 or 20 Ball Tosses



## Db High Pulls:

4-5 Sets w/ 1:00 TOR

- 5-10 Reps(ea) @ Max

## Lifting Option

### Db Superset: @ Max

3-4 Sets w/ 1:30 TOR

- 8 Db Upright Rows
- 8 Db Lateral Raises

### Db Arnold Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## Metcon Option

### AMRAP: R-O-T

- 1:00 Row/Bike @ 70%+
- 12 Db High Rows
- 4 or 8 BB
- 12 Db Lateral Raises
- 4 or 8 BB



March 8th

Audio

