



Warm Up: **Arm Day!**

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



Round #1&5 - 7 Mins

- 200-400m Run

Into → AMRAP

- 8 Db Sup Curls
- 6 HRPUs
- 4 Chin Ups

Round #3&7 - 5 Mins

- 1:30 AMRAP Run

Into → AMRAP

- Db Tricep Ext

Round #2&6 - 6 Mins

- .4 or .5 Miles Biked

Into → AMRAP

- 8 Db OH Ext @ Max
- 10-15 Bench Dips
- :20-:30 Rest

Round #4&8 - 4 Mins

- 25 Db Hammer Curls

Into → AMRAP

- Cals Biked

:45 Between Rounds!



April 1st

Audio

