



## Warm Up: Back Baseline Day!

### Mini Cycle #8/8

### Baseline last done 9/26/23

- 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)



## Optional Baseline! 3 Mins

- Re-Test Strict Pull Up
- Only if  $< 1$  Rep

## Pull Up AMRAP! 10 Mins

- As many as possible!
- Any Variation



## E6MOM: 4 Rounds

1. :25-:40 Bar Hang or :45 Ball Hold
2. :35 Db Hold
3. Row @ 60%(negative splits)
4. Row @ 60%+
5. Row @ 60%++
6. Rest(except last round)

Into → 7 Mins w/ 30 Rep Cap

- Ball Pick Ups to Shoulder



