



## Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
  - External Rotation x15
  - Band Pulls x15
  - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x15;ea)
- Foam Roll Delts, Lats, Upper Back!

## Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



# April 14th

Block 1: 22 mins

Choose One

## Seated Db Press:

4-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ 50-60%

## Db Push Press: Single or Dbl Db

4-8 Sets w/ 1-1:30 TOR

- 8-12 Reps Ramping or Fixed

Into → R-O-T Metcon

## AMRAP:

- 12 Aerobic Cals
- 7 S/A Db High Pulls(ea)
- 5 Walkout Planks

## UL Practice Option

30/45#

- 100 Cal Bike
- 50 Db Push Press
- 800m Run

Join AMRAP if Done



E2MOM: 10 Rounds

- 1:00 Aerobic Choice @ 70%

Twice Through

1. 10-20 K to B/Leg Raises
2. 12-15 Db High Rows
3. 12-15 Db Reverse Flys
4. 8 Ball Slams w/ Rotation(ttl)
5. 8-12 Standing Db Arnold Press



April 14th

Audio

