

# Warm Up: Chest Day!

Cycle Week #11/12

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!

# Db Chest Press:

1. Test 1RM(Optional)

#### Choose One

- 2. 4-5x8-12 @ 60% w/ 1-1:30 TOR
- 3. 4-5x6-8 @ 70% w/ 2:00 TOR

#### Db Decline Press: Choose One

- 1. 4-5x8-12 @ Max w/ 1:30 TOR
- 2. 3xFailure @ 60% w/ 3:00 TOR

## <u>AMRAP:</u> R-O-T

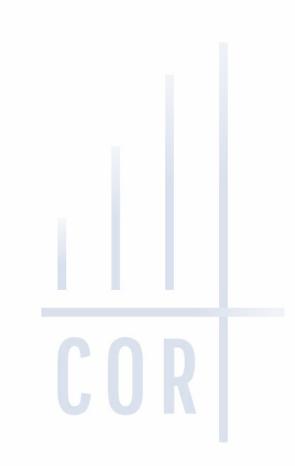
- :30 Run @ Pace
- :30 Walk/Rest

Block 2: 20 mins/3 mins

#### April 16th

# <u>AMRAP: 20 Mins</u>

- 200 or 300m Run
- 8-25 Push Ups UB
- 6-8 Double Dbl G to OH
- 20 BW Step Overs(ttl)
- 1:00 Rest



# Cycle Week #11

- 1. Continue Warm Up
- 2. 2-3x1-3 @ 100-105%
  - 4:00 TOR

Into  $\rightarrow$  R-O-T

# In Order:

- 3-4x4-5 @ Max w/ 3:00 TOR
- 1. Incline Press w/ Pause
- 2. Decline Press
- 3. Incline Tricep Press
  - 4x8 @ Max



Audio



