



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

AMRAP: R-O-T

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



AMRAP: 20 Mins

- 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 → 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



April 16th

Audio

